



Wellness & Safety @ Work

CLACKAMAS COUNTY



April/May 2015



Relay for Life Sharing stories from Emmett Wheatfall, Diversity, Equity & Inclusion Program Director and Jeri Oswalt, Learning and Development Manager

For the 2014 Relay, Emmett Wheatfall delivered the opening ceremony talk. This is a short version, written by Emmett. We invite you to think about your story and join us at Relay on June 27, 2015 at Clackamas Community College.

For the fight against cancer, we gathered for no other reason. Together, we were bound either as caregiver, physician, and family member, and yes—survivor. In that brief encounter, that one day, many of us a stranger to each other, became family, community, and co-laborers in the fight against cancer and in the race for a cure.



Emmett Wheatfall and his wife, Karen are both survivors

It's important to remember, that since the dawn of human existence, it's been the perpetual telling of our respective stories that has enabled human civilization to advance. By virtue of sharing with each other 'our story,' we've inspired hope and possibility. We must never forget that we are not 'the lucky ones' because we have survived. Given unto us is the noble responsibility of letting others know, including those people who will join us, how we must continue to live, believe, and fight the good fight for ourselves, our family, our friends—especially for those persons who will join us in the community of cancer survivors. That day was a day to remind all of us—live!

Jeri writes, "Survivors have a special place at Relay. Celebrating you and your success is a part of our mission. The first ceremonial lap is for survivors and caregivers. It is inspiring for those participating and for those cheering you on. Your very presence is a message of hope." To learn more about why survivors Relay, visit the [survivors and caregivers webpage](#).

Clackamas County is an event sponsor this year. We know many of our employees and citizens have been affected by Cancer. There are lots of ways to join the fight. Start a team with your co-workers, family and friends. Walk the track on June 27th/28th or come out and support those who do. Of course money is needed to fund research and provide education, information and support. Donations are appreciated.

To learn more go to www.ocrelay.org, visit the Relay for Life booth at the Wellness Fair on April 29th or talk to Jeri Oswalt, 503-655-8797.

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Celebrate. Remember. Fight Back!

Wellness & Safety @ Work

Welcoming Spring with More Vegetables! By Anya Cronkhite, H3S—Health Centers

About Anya: I have my bachelors degree in nutrition and a double minor in public health and psychology. Currently, I am working as an intern through Oregon State University's dietetic internship program. At Clackamas Health Centers, I have been working with Shelley Glaze, RDN to improve patients' health at the Beavercreek, Sunnyside, Gladstone and Sandy clinics through medical nutrition therapy, nutrition education and motivational interviewing. My goal is to understand patients' specific barriers to dietary and lifestyle behavior changes and to encourage patients to discover their own solutions for change.

Connecting with patients: During my time here, patients have come to me with a variety of health concerns and medical backgrounds. When I ask patients what they would like to do to improve their health, the most common answer is to eat more vegetables. What a wonderful health goal! Eating more vegetables has helped my patients improve their cholesterol, decrease blood pressure, manage many chronic diseases, lose weight, increase metabolism and give them more energy.

Fresh vegetables can be found at any grocery store, food bank or Farmer's Market. In the picture above, I am buying fresh vegetables at my local Farmer's Market! Go to www.oregonfarmersmarkets.org/ to find a Farmer's Market near you.



Roasted Vegetable Recipe

Ingredients:

Makes 1 serving

- 1 cup fresh vegetables
- ½ teaspoon vegetable oil
- Sprinkle of salt and pepper



Directions:

- Preheat oven to 425° F.
- Wash vegetables, peel if desired and cut into similar sized pieces.
- Toss the vegetables with oil and place on a non stick baking sheet in a single layer.
- Roast in oven until tender and slightly browned, stirring occasionally (5-20 minutes depending on the type of vegetables).
- When done, sprinkle with salt and pepper and enjoy!

Vegetables supporting good health: It is recommended that half a person's plate be vegetables, especially at lunch and dinner. However, this recommendation is often overwhelming for patients, especially if they don't eat any vegetables. I suggest my patients start small by adding 1 serving of vegetables a day. Making small, attainable health goals helps my patients make true dietary changes and before they know it, half their plate is full of vegetables!

How to eat more vegetables: It's not as difficult as you might think! I've shared my secret with my patients and I'll share it with you now... roasted vegetables! My favorite way to eat vegetables is roasting them for dinner. See the delicious recipe from foodhero.org on the left. It has had rave reviews from patients and gets a gold star from both myself and Shelley.

Fun vegetables to roast: Almost any vegetable can be roasted. Try broccoli, cauliflower, asparagus, beets, Brussels sprouts, carrots, onions, peppers, green beans, cabbage and more! It is also fun to experiment with different seasonings or fresh herbs like garlic powder, onion powder, thyme, rosemary, oregano, cumin, chili powder, ginger, balsamic vinegar or lemon juice.

Clackamas County Farm Share Program

Feeling inspired to eat more fresh, organic and local vegetables? Let the Clackamas County farm share program help you get more delicious vegetables into your meals. Our Table Cooperative is offering a 17-week CSA farm share from June through October, and shares will be delivered every Wednesday from their fields in Sherwood to the Red Soils Campus. For more information or to order a share, please visit our [Clackamas County 2015 CSA Share](#) page by May 15th.



Wellness & Safety @ Work

Upcoming Events

- **Oregon College Savings 529 Plan info (Thurs, April 23 in PSB 369 and Thurs, April 30 in DSB 119 & 120):** Sessions both days at 12pm and 1pm. Light refreshments provided. Please RSVP with Suzy Falk at SFalk@clackamas.us with the day and time you plan to attend.
- **Weight Watchers Open Houses (Thurs, April 23, April 30 or May 7):** PSB-255 at Noon. Register for 17 week series starting 5/14 – 9/10. Cost \$93. OR Downtown OC—13 weeks for \$78. Starts Fri 4/24. 12:15 821 Main St. 2nd floor
- **The Fair: “Be Safe Be Well.” (Wed April 29):** 10 am – 4 pm. DSB 1st floor conference rooms. Employees are allowed 1 hour to attend the fair and must schedule the time with their supervisor.
- **Shred & Med by SSD (Monday, May 4 & Friday, May 8):** Shred your confidential home papers Mon, May 4, 10am – 1pm, Red Soils Campus Overflow Parking Lot F. On Fri May 8, 10am – 1pm, Milwaukie Center shred or turn in old prescription medications. Services by Shred It (formerly Cintas).
- **A New Challenge is beginning! Stretch Yourself (May 11 – July 12):** Visit www.LifeBalanceProgram.com/CC to learn more, register and start stretching your way into healthier habits!
- **Mental Health Awareness (Thurs, May 14):** 369B. **Noon session: Stigma, what is it?** How does it impact our community? With Dave Mowry, Stand Up for Mental Health. **1 pm. Suicide is preventable with Amy Baker**, Washington County Suicide Prevention Coordinator. Co-sponsored by DEIC, Wellness, and Behavioral Health
- **Heart and Stroke Walk (Saturday, May 16, 2015):** Morning. Join the Clackamas County Cardios Team at the Portland International Raceway with the American Heart Association’s 5K walk. Free. More info here: <http://portlandheartwalk.kintera.org/clackamas>
- **Walk-Connect! Lunch and a Walk: Tuesday, May 19** at noon - Housing Authority. **Wednesday, June 24** - Red Soils Campus. **Thursday, July 16** – downtown Oregon City. Have a group of at least 15 who would like a yummy sandwich for just \$2 and walk together? Contact ATeam@clackamas.us
- **Commuter Challenge (June 1 – August 31)**
- **Amazing local flavorful food (Tuesday, June 2, noon):** Learn how to cook it, and then eat it for lunch. “Cook with what you have” owner, Katherine Deumling, cooks at the Central Utilities Plant kitchen (CUP). Cost \$3 for lunch made out to Clackamas County, and registration is required with sfalk@clackamas.us
- **Relay for Life (Saturday, June 27th):** Build or Join a Team or come visit the event at the Clackamas Community College track. Details at: www.ocrelay.org

Quiz Box

The February/March quiz box winner is... Jennifer Joslin Brown!

The February/March quiz box question was “Approximately how many hours of sleep do you get on work nights?”, and Jennifer’s selected from the random drawing. She won an REI gift card.

We received answers that covered a range between 5 and 8 hours. Of the 27 respondents we received, our population average for hours of sleep during work nights is not quite enough at 6.78 hours.

April/May’s quiz box question

In the February/March newsletter, Nina Smith wrote an article about your dental benefits. For the April/May question, we are asking you to share with us some good dental habits that you and/or your family/kids use to take care of your mouths and teeth. While we will be printing your answers, we promise not to put your name next to your answer. Prizes: Farmers’ Market tokens.

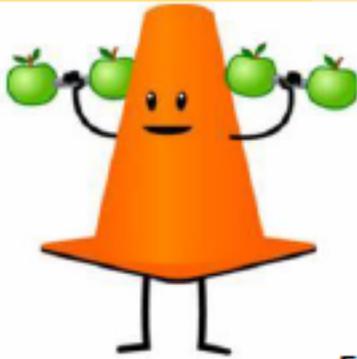
Send your response to: jmorrill@clackamas.us by May 5th.

The answer and winners will be highlighted in the next newsletter.

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



Jennifer Joslin-Brown (DES) with her REI Card



Clackamas County

Be Safe, Be Well

Wellness, Safety & Sustainability Fair
Employee Fair: Retirees, Family & Public Welcome
April 29th, 10:00am – 4:00pm
Development Services Building

Over 40 Topics/Activities to help guide you :

- Massage & Acupuncture Demos
- Chinese Pulse Reading
- Walking Analysis Testing
- Healthy Cooking Demonstrations
- Heart & Stroke Walk
- Mental Illness & Substance Abuse
- Rethink Your Drink/Sugar Display
- Emergency Preparedness
- Chronic Disease Prevention
- Clackamas Safety & Wellness
- Emergency Management
- Household Green Cleaners
- Bicycle & Motorcycle Safety
- Road Surface Maintenance
- Household Battery Recycling
- Posture Evaluations
- Vitamin B12 Shots
- Adrenal Testing
- Ergonomics
- Benefit Providers
- Fire Safety
- Dental Health
- Financial Planning
- Distracted Driving
- Commuting Options
- WES
- Farmers Market
- Volunteer Connection
- Plant Starters
- Bring your own bag



Brought To You By:

Employee Services, A Team,
Resource Conservation & Solid Waste,
Public Health, Social Services, DTD



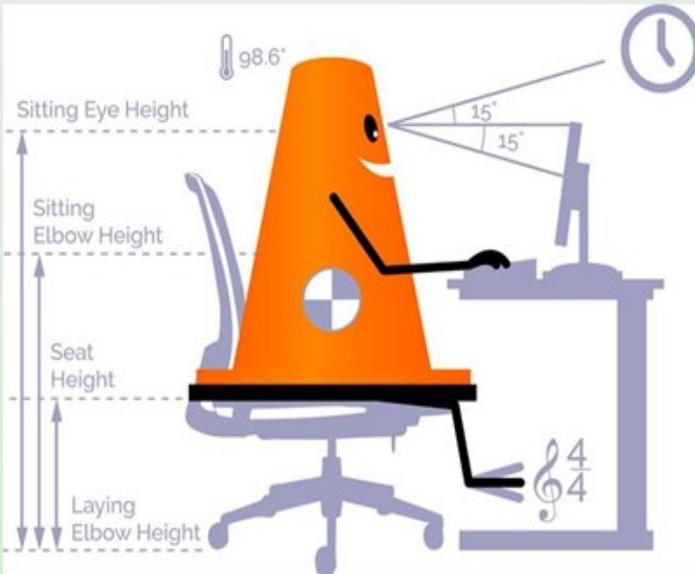
Tasty Samples Provided By:

The Current Crop,
Just.A.Bite, Bob's Red Mill,
Costco, Jersey Mike's

Wellness & Safety @ Work

I think Ergo, Therefore I Stand: Part 2 By: Trish Bafus, Risk Management

According to the Occupational Safety and Health Administration (OSHA), they estimate for every \$1 a company spends on workplace safety, its return on investment is about \$4 to \$6. That's one heck of a return. So, when departments are reviewing their budgets and assessing what types of safety products and/or equipment to purchase, please remember, there are quantifiable savings when we invest time and money into ergonomics.



Employers and employees often do not think of sitting as dangerous. But, if you are static and sitting in an incorrect posture for an extended period, that constricts blood flow. Eventually, the restriction causes soft tissue damage, and for some it can be debilitating. To prevent injuries, Risk Management helps departments purchase ergonomically correct office equipment and provides evaluations and trainings for employees. One area we focus on when completing onsite evaluations is how body positions and daily work activities can lead to the development of chronic pain.

There is no one-size fits-all method or piece of equipment. You have to evaluate each person's height, weight, body type and work flow, whether they are right or left-handed, the amount of time they are sitting in front of a computer, and then, through a collaborative discussion, tailor a solution to that person.

Consistent themes arise. For example, many county employees suffer from neck, shoulder and lower back pain. After watching these employees work, many of the problems spotted include: incorrectly positioned chairs, computer monitor placement, keyboards and feet. Once we provide employees some Do's and Don'ts on using and positioning their equipment, some improvements can be felt.

One trend you may see circulating throughout various county departments is the increase in standing stations. There are many options to transform your work space into a sit/stand station. One example that we'll highlight in this article is creating static standing areas with the office furniture you currently occupy. There are other options, but we'll highlight those in future articles this year.

SIT/STAND STATIONS USING CURRENT OFFICE FURNITURE



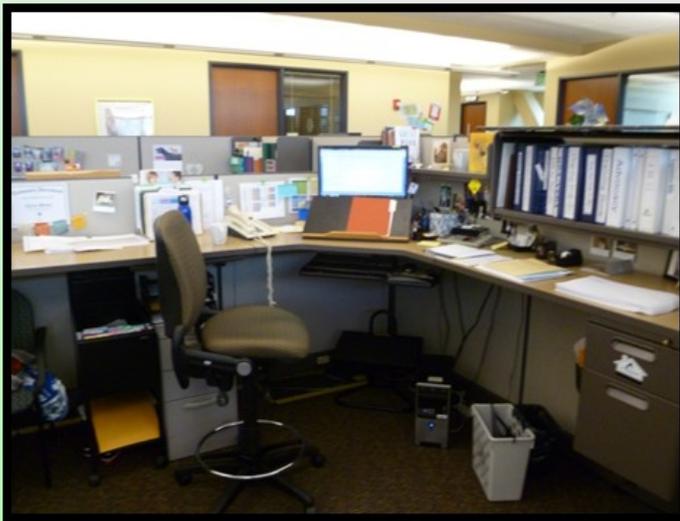
- Work surface raised to appropriate standing height on one side.
- Work surface lowered to appropriate sitting height on other side.
- EE elects to forgo stool, since sitting work surface is available, but uses standing fatigue mat to encourage movement.

Continued on Page 6...

Wellness & Safety @ Work

I think Ergo, Therefore I Stand, Continued... By: Trish Bafus, Risk Management

- Partial desk raised to create standing work area.
- Remaining area stays low for sitting.
- EE has a desk top computer, as well as a laptop, so (2) tiers are available to work from depending on work needs.



- Entire work surface raised to one standing height. (Height is based on EE's height; this should be measured by Risk to ensure work surface isn't too high or too low.)
- Fatigue mats and footrests are used as supporting ergo tools.
- Task stools with foot rings are used when employee wants to sit and work.

Our next ergo article will take a closer look at the bolt on ERGOTRON unit which creates an even different look and feel to sit/stand stations.

Come check out all the Ergonomic vendors who will be sponsoring booths at our Wellness, Safety & Sustainability Fair Wednesday, April 29th. This will be a great opportunity to see ergo products up close, demo equipment and ask questions. They'll have some fantastic prizes you can win!



VIA and RFM task chairs & stools, prop stools, foot rests, document holders & more.



Keyboard trays, keyboard wrist guards, mouse rests, chair lumbar support, monitor risers, foot rests & more.



Bolt on unit for single, dual and laptop monitor users that creates a sit/stand station with one hand motion.



Fatigue mats in various sizes for office and home use.

Wellness & Safety @ Work

Clackamas County Cardios T-shirt – Join us for a Walk – May 16, 2015

By Tamra Dickinson

Walk for your heart! For your whole body! To remember and support loved ones with heart disease.

We hope you will join us for the Portland Heart & Stoke 5K walk (early 1 mile turn-around optional) Click <http://portlandheartwalk.kintera.org/clackamas> to register.

Here's the info:

- **Date/Time:** Saturday, May 16, 2015. Festival Area Opens: 8:30AM, Walk Begins: 9:30AM
- **Location:** Portland International Raceway
- **How to sign up on our team:** <http://portlandheartwalk.kintera.org/clackamas> Team Name: Clackamas County Cardios. Team Captain: Tamra Dickinson. Call or e-mail with questions: 503.742.5486 or tamradic@clackamas.us.
- **Cost: Free.** AHA would love your fundraising abilities to serve their mission: Building healthier lives, free of cardiovascular diseases and stroke. No pressure though, they also know that a healthier life includes walking, and that is what you are invited to do with us: walk.
- **Rewards:** Fun, Fitness, a Clackamas County Cardios T-shirt and a \$15 gift card for you and your family members on your health insurance plan who participate. You may also give your \$15 to the American Heart Association. Income for employees is taxable. If you give it away to a qualified charity such as the AHA, you can claim a tax-deduction when you file taxes.



Team members: Tamra Dickinson & Jason Morrill, DES

Board Chair John Ludlow is our sponsor and encourages us all to invest in our health and our hearts every day.

Adventures in Retirement by Nina Smith



Have you ever wondered what you may do in retirement? Or have you thought about your County coworkers and friends who have retired? This section is a chance to catch up and think about what may come in retirement!

Retirees- as always- please feel free to send in updates and pictures to Nina Smith at nsmith2@clackamas.us.



Martha Nielsen (Community Health Nurse Supervisor, Retired 2013) and her husband, Morton, made a trip to Denmark to visit their roots.

Wellness & Safety @ Work

Vision is the Most Important Sense for Safe Driving By Larry Lancaster, DES/WES

Drivers using hands-free phones (and those using handheld phones) have a tendency to “look at” but not “see” objects. Estimates indicate that drivers using cell phones look but fail to see up to 50 percent of the information in their driving environment!

Drivers are looking out the windshield, but they do not process everything in the roadway environment that they must know to effectively monitor their surroundings, seek and identify potential hazards, and respond to unexpected situations.

Driver distractions have joined alcohol and speeding as leading factors in fatal and serious injury crashes. The National Safety Council estimates **21 percent of all crashes in 2010 involved talking on cell phones.**



More than one-third of people surveyed admitted to reading a text or email while driving in the past 30 days, and more than one-quarter admitted to sending a text or email. Although texting is clearly a serious distraction, NSC data show drivers talking on cell phones are involved in more crashes. More people are talking on cell phones while driving more often, and for greater lengths of time, than they are texting.

People typically do not realize when they are cognitively distracted, such as taking part in a phone conversation.

The National Safety Council has compiled more than **30 research studies** and reports by scientists around the world that used a variety of research methods, to compare driver performance with handheld and hands-free phones. All of these studies clearly show hands-free phones offer no safety benefit when driving.

People often think they are effectively accomplishing two tasks at the same time. And yes, they may complete a phone conversation while they drive and arrive at their destination without incident, thus accomplishing two tasks during the same time frame.

However, there are two truths to this common belief:

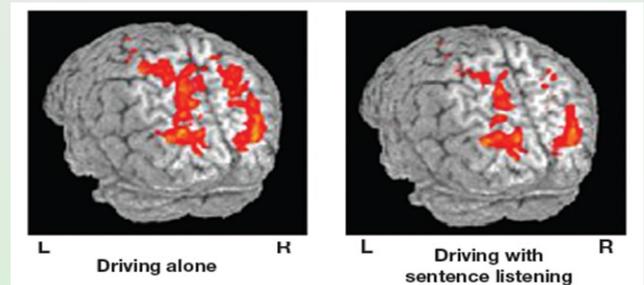
1. People actually did not “multitask”
2. People cannot accomplish both tasks with optimal focus and effectiveness

Distractions now join alcohol and speeding as leading factors in fatal and serious injury crashes.

Multitasking is a myth Human brains do not perform two tasks at the same time. Instead, the brain handles tasks sequentially, switching between one task and another. Brains can juggle tasks very rapidly, which leads us to erroneously believe we are doing two tasks at the same time. In reality, the brain is switching attention between tasks – performing only one task at a time.

People do not perform as well when trying to perform two attention-demanding tasks at the same time! Research shows even pedestrians don’t effectively monitor their environment for safety while talking on cell phones. The challenge is managing two tasks demanding our cognitive attention.

The pictures on the right show that listening to sentences on cell phones decreased activity by 37 percent in the brain’s parietal lobe. This area of the brain is important for navigation and the type of spatial processing associated with driving. Listening and language comprehension drew cognitive resources away from driving. There is only so much the brain can do at one time; no matter how different the two tasks are, even if the tasks draw on different areas and neural networks of the brain.



Inattention Blindness – Vision is the most important sense we use for safe driving. It’s the source of the majority of information when driving. Yet, drivers using hands-free and handheld cell phones have a tendency to “look at” but not “see” objects.

Sources: National Safety Council; National Center for statistical analysis; Distraction.gov; ODOT.

Wellness & Safety @ Work

Wellness Library in the PSB Lunchroom

Let us know if your office building would like Wellness resources

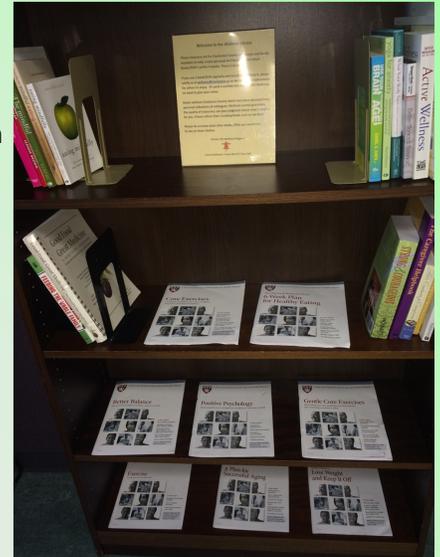
By Tamra Dickinson, Wellness/EAP Coordinator

Wow! We've loaned more books in 5 weeks than we have in the previous 5 years. We like the experiment of putting the library in an accessible space and not having a sign-out. Remember to bring the books back when you're finished. The only problem so far is a great one, people are using the books so much I can't keep a stock on the shelf. Be patient as we grow our collection.

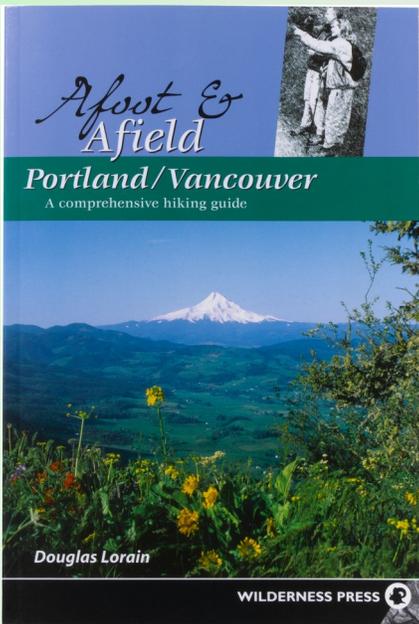
If you haven't heard, we moved the books out of the DES closet on a sign-out system to the PSB lunchroom. THERE IS NO SIGN OUT. Just take the book, enjoy it, and return it, ideally within four weeks. For people who find the book so valuable and useful that you refer to it regularly and you just can't part with it, it's okay hold on to it. Just send us an e-mail at wellness@clackamas.us or send us a confidential note in the courier to DES-Wellness so we know we need to buy another copy. No need to give your name. Our hope is to have wellness resources used. Please send me requests: tamradic@clackamas.us

PSB isn't your building? We'd be happy to stock a Wellness library in other buildings. We need someone (you?) to volunteer as a "Library Coordinator" for your building. The job is receiving books from Wellness to put on the shelves, and sending me requests for books that employees want to read.

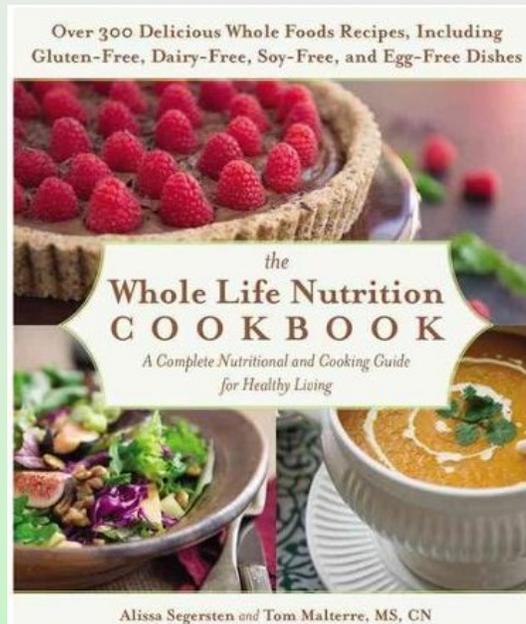
Here are some books heading to the shelves next week. Send me an e-mail if you'd like to borrow them first:



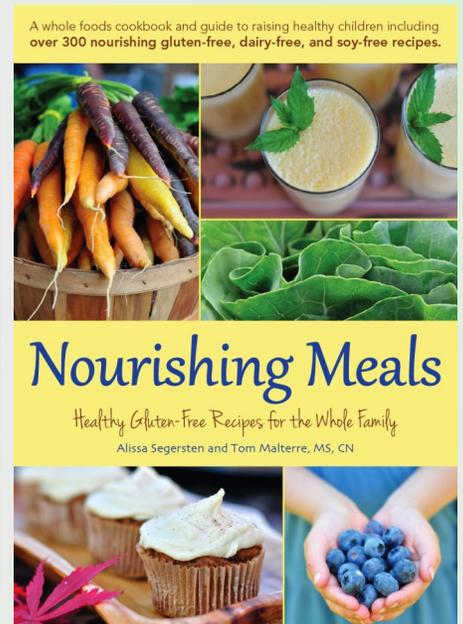
Send us your request for Wellness books you'd like to read!



Afoot & Afield Portland/Vancouver, a comprehensive hiking guide by Douglas Lorain



Two books by Alissa Segersten and Tom Malterre, MS, CN. The Whole Life Nutrition Cookbook, Over 300 delicious whole foods recipes including gluten-free, dairy-free, soy-free, and egg-free dishes.



Nourishing Meals, a whole foods cookbook and guide to raising healthy children including gluten-free, dairy-free, and soy-free recipes.

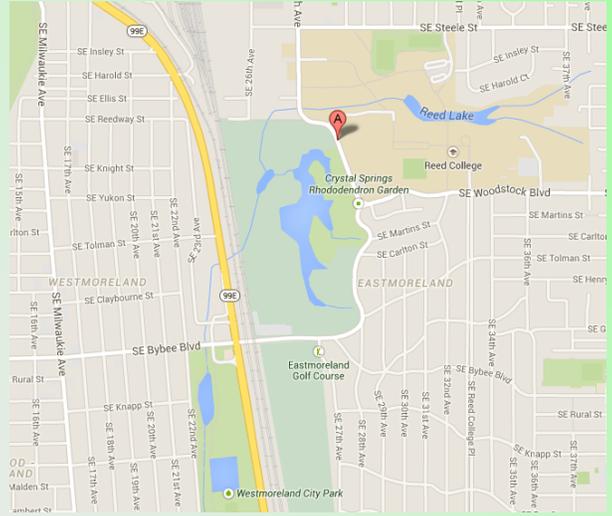
Wellness & Safety @ Work

Where to Walk: Crystal Springs Rhododendron Garden By Brenda Hein

My walk was at the Crystal Springs Rhododendron Garden. Directions : The garden is located on SE 28 Avenue, one block north of Woodstock, between Eastmoreland Golf Course and Reed College. Or take TriMet bus #19 Woodstock. This bus takes alternating routes as it goes through Eastmoreland; ask the driver for the stop nearest the garden.

<http://www.portlandoregon.gov/parks/finder/index.cfm?&propertyid=27&action=viewpark>

Walking through the almost 10 acres the park encompasses is amazing. In the spring when I went all of the 2,500 plants, flowers and bushes are in bloom. Water falls and a pond provide an ideal area for native birds. At every turn you find something beautiful that warrants you to stop and take it in.



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

Recently 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 sentences about your experience;
- Bonus (not required): A picture of you.

Send your submissions to: jmorrill@clackamas.us.

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



Wellness & Safety @ Work

Did You Know... About Benefit Plans and Resources That Can Be Accessed Anytime? By Nina Smith

Each year during Open Enrollment, there are difficult decisions to make about various benefits. Even those who live and breathe benefits all year long (example: your Employee Services Benefits staff) have difficult annual decisions. Luckily, there are some benefits and resources that you *don't* need to sign up for at a certain time during the year to remain eligible.

Did you know that you can access MetLife's Employee Grief Counseling benefit at anytime? Grief isn't just about losing a loved one to death. It can also be over divorce, loss of a pet, hearing a serious health diagnosis, or other losses. Employees, dependents, or beneficiaries can receive up to five no-cost visits per loss event. This benefit can be accessed whenever needed by calling, 1-855-609-9989 or by visiting [MetLife Grief Counseling](#) (username: MetLife; password: grief).

I explored the MetLife Grief Counseling site and **did you know** there are other resources available on that website as well? Well, I didn't know! There are articles on a variety of topics such as childcare, investing for retirement, and more; podcasts and health assessments; webinars; and even live chats.



Or **did you know** that [Liberty Mutual](#) offers employee discounts when they enroll in auto, home, or renter's insurance? It may be worth a call or email to our rep to find out if you can save any money if enrolled with Liberty Mutual. You may enroll at anytime.



But **did you know** you can also enroll your pets in pet insurance through [MetLife](#)? There are an array of benefit packages and premiums. Dogs, cats, and some birds and exotic animals are eligible (goldfish and hamsters are unfortunately ineligible). I tried to enroll my ten year old pug but found out pre-existing conditions and age restrictions may apply. Simply go to the [website](#) and follow the steps to enroll directly through MetLife at anytime (where it says "Company Name" under Account Log In, put Clackamas County).

And on that same site, **did you know** that once you enter the company name and log in, at the bottom there are additional tools and resources available? For example, there is a moving checklist, information about home maintenance and disaster preparation, a life insurance calculator, retirement resources, and more.

There are a variety of benefits beyond medical, dental, or life insurance type benefits. In writing this article, I discovered resources that I did not even realize existed. Sometimes it takes exploring the websites of the different providers to know what you don't know.

Retirement Readiness Workshops (June 3rd & 4th two sessions each day: 12:15 or 1:15)

Wendy Stefani from VOYA will be providing "Retirement Readiness" workshops to help current employees prepare and plan for retirement. Topics include: PERS, income needs in retirement, setting a retirement date, Social Security, Deferred Compensation, and more. **Information regarding retiree health insurance offered through Clackamas County will also be provided.**

Four sessions are available:

- Wednesday June 3rd (Tier 1 & 2) at 12:15 or 1:15 (PSB 369B)
- Thursday June 4th (OPSRP/Tier 3) at 12:15 or 1:15 (PSB 369B).

Please RSVP with Suzy Falk at 503-742-5473 or SFalk@clackamas.us with the DATE and TIME you wish to attend.



Wellness & Safety @ Work

Better Body Fitness NW Expands: Corporate Membership Discounts

Better Body Fitness NW is expanding into a full 24/7 access club for all to enjoy! This addition will allow more room for you to make your body better! You can use the facility any time and any day of the week that works for you. We will have video surveillance and security systems in place for your comfort and safety. Our staff will continue to provide our elite personal training and boot camp services, Monday-Friday 5:00 am—7:00 pm, and Saturday 7:30 am—9:30 am, so, you will be seeing us as usual *and* able to get in your extra workouts easier!

- 12 Month Term Per Person: \$19/month; \$38 first month's dues* (48% Discount)
- 24 Month Term Per Person: \$15/month; \$34 first month's dues* (51% Discount)
- One-time Card Fee: \$15/person (25% Discount)

*Includes \$19 enrollment fee (discounted from \$50) . Plus \$15 card fee which allows access into the club at any hour or any day

Better Body Fitness NW

1610 Red Soils Ct. (Right off Beaver Creek Rd.)

Oregon City, OR



Keep Your Safety Submissions Coming

As you have read on page 8, distracted driving is extremely dangerous. Now see how dangerous it can be by watching this [Distracted Driving Video](#).

Submit your safety incentive forms online:

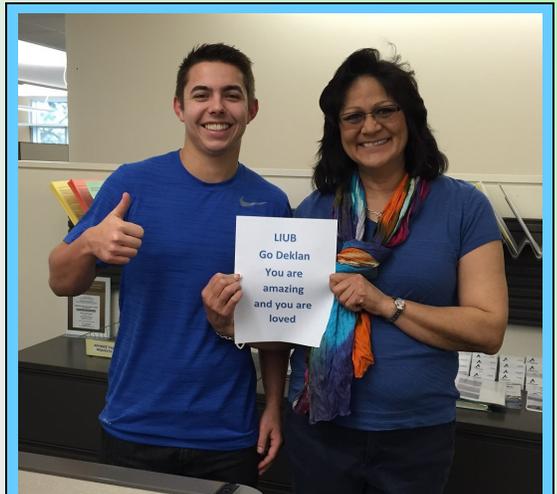
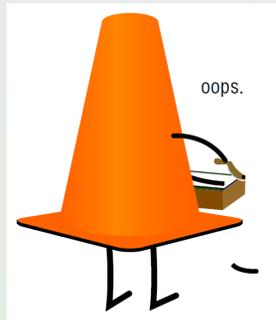
[Safety Incentive Recognition Form](#)

January - March 2015:

110 winners

Top 3 observations over the three months:

- ❶ Backing/pulling through parking spot (214),
- ❷ Wearing proper PPE (202),
- ❸ Exercising During Breaks (135)



April 2nd was Autism awareness day. Jen-nethan Mayo and Alan Farmer "Light it up Blue" for her grandson who is autistic. She writes, "One in every 68 children in America has autism (*Oregonian 4-6-15*) and the number of children with autism grows every year."

Wellness & Safety Classified Ads

Hood to Coast Volunteer Needed Would you like to be part of a County Hood to Coast team, but don't want to actually run the race this year? County team "Couch to 320K" is seeking team members to serve as team volunteers. All volunteers are required to complete an online training (15-20 minutes), select a volunteer position (see website for position descriptions and requirements: <http://www.hoodtocoastrelay.com/volunteer>) and show up. Each shift is approximately 4-6 hours. The time and location is selected when you choose your volunteer shift. When you are not on shift, you may also help the team in other ways if you wish (such as driving a team van). Please contact Jennifer Joslin Brown (jbrown1@clackamas.us) to be a volunteer for our team or for more information.

Oregon City Farmers' Market starts Saturday May 2, 2015. 10th season!! Weekly, 9am-2pm, year round. Parking lot of Clackamas County's Public Services Building, 2051 Kaen Rd. Approx. 55 vendors, hot food, live music. <http://orcifyfarmersmarket.com/>

Place an ad: Are you looking for a location to place a wellness or safety related advertisement? Introducing the Wellness & Safety Classified Ads. To place your announcement in the classified ads section of the newsletter, please contact Jason Morrill (jmorrill@clackamas.us) or Tamra Dickinson (tamradic@clackamas.us).

Wellness & Safety @ Work

The Dirty Leprechaun Run (March 2015)



"Thanks Wellness for supporting a fun event with my wife and daughter. The best part was watching my daughter fly up to the top of the wall (obstacle), then have to sit on the top and help her mom get up. Bragging rights for the kiddo!"
(Corey Smith, CCSO)



Clean!

Corey Smith (CCSO); Cheyenne Smith, daughter; Nicole Smith, wife



Dirty!

"What better way to spend a rainy Saturday than running around in the mud?! We had so much fun doing this race, we can't wait until next year to do it again! It certainly beats fighting the crowds at the Shamrock, and the bonfires at the end were a plus. Thank you to the Wellness Program for sponsoring these races!"
(John Filar, Health Centers)



Clean!

John Filar (Health Centers); Tracy Villareal (partner)

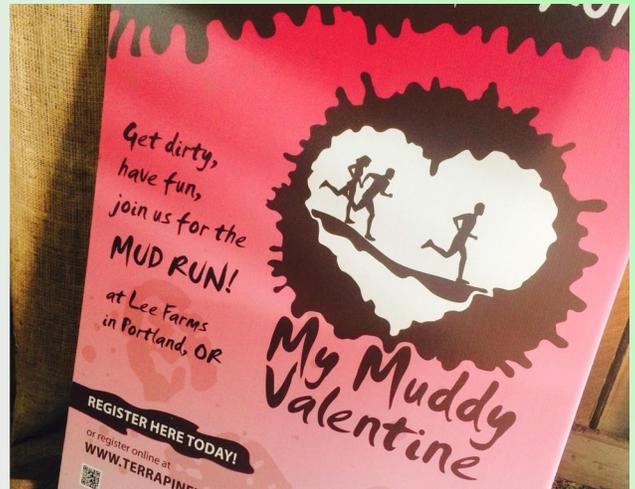


Dirty!

Wellness & Safety @ Work

My Muddy Valentine Run (February 2015)

Why go with the same old, boring Valentine's Day routine of candy and flowers when you can spend quality time crawling in the mud?! A few of your fellow County employees did just that! It was a fantastic day for a muddy obstacle course. The sun was shining, the temperature was cool, but not cold, and the mud was...well, it was muddy! This non-traditional 5K includes a number of obstacles that challenge you physically, including the dreaded "Swamp", owner of many a lost shoe...including mine. It's an experience not to be missed, and was so fun some of us are doing it again! (John Filar, Health Centers)



"We welcomed and enjoyed the challenge! My daughters were very proud of themselves. A wonderful opportunity to bond and teach lifelong, healthy habits. Exercise can be fun!" (Melissa Sanchez, Health Centers, and her daughters Sonia [left] and Cynthia [center])



"What's better than buying flowers and chocolates? Mud, drinks, and bonfires!" (Sgt. Corey Smith, CCSO, and his wife Nicole)



John Filar (Health Centers), and his partner Tracy. And after the race...note the missing shoe...

Wellness & Safety @ Work

Shamrock Run - Team Spross (March 2015)

Our county team was made up of several different work groups. It was exciting to see how many county employees decided to join our team for this year's Shamrock Run/walk. We had some that were doing their very first walk/run event and some who have several Shamrock runs under their belts (or kilts). For those that were doing this for the first time they were worried about going the distance but everyone made it. The walking and running community is always so welcoming regardless of skill level or ability. This is so hard to appreciate until you actually go out and participate in an event like this but everyone reports they had a good time and those that did this for the first time are so glad they did it. Although it rained on us for almost all of the distances (5K, 8K, 15K and ½ marathon) everyone reports to still having a great time and knowing that the weather really wasn't that bad. Sure we were all wet but it wasn't a downpour and was still a lot of fun. One of our team members was participating with "Team Red White and Blue" which is a group of veterans and family/friends who organize to encourage physical activity for veterans and their families. It is such an honor to know that members of our "Clackamas County Family" are representing our organization and our veterans and their families. Go Clackamas County!!!! A quote from Liz Baca who ran with Team Red White and Blue – "To me this is personal as my brother is active duty, his wife is also active duty, my father-in-law is Vietnam veteran. I run to honor their sacrifice, and also to regain a healthier activity level. I had many excuses to stop, yet I had many more reason to keep going. I am glad I finished. Maybe not the fastest runner out there, regardless of speed I am proud I crossed that finish line." (Mark Spross, C-COM)

I walked the 5K with my 8 month old daughter along with several other parents with their young kids. We're part of a group called Hike It Baby that aims to get parents outdoors with their children. We planned for a lot of rain and were surprised to only get sprinkled on. Totaled closer to 5 miles for the day, including getting there and back home. (Diane Karst, Social Services)



Kandi Ho and son, NCPRD



Liz Baca, Public Health, with flag



Diane Karst (Social Services)



Brandi Leos, DES, with her mother



Barb Hass (middle) Sheriff's Office

Wellness & Safety @ Work

Shamrock Run - Team A&T (March 2015)

Kay and I had a great time at the Shamrock on March 15th. We took the Max downtown, got off right at Waterfront Park, and had fun looking at the costumes the other participants were wearing. The weather was great; it quit raining just when we started our walk. We thought the event was very well organized, and we would do it again. (Jeanette Wyman)

We did the Stride and it was fun despite challenges with my unhappy campers, but I would do it again. Next year I'd like to challenge myself by doing the run, maybe even the half marathon! (Mandi Oropeza)

I went to bed the day before and woke up the day of the race to rain downpours. The weather was not promising but once on the course it was warm and perfect for a run. The ½ marathon course was an extra 1.9 miles out on Naito Parkway at the start. Once on Broadway the steady 5 mile upgrade climb began. Whew! I don't know about the rest of you ½ marathoner's and the 15k runners but I had to pass on the beer and cocktail wieners at mile 12. I finished and met my goal to get the inaugural Shamrock Run ½ marathon medal and towel! Great beginning to the running season! Thanks for putting the team together Roman and Leigh Ann! (Lorrie Gonzales)

When I crossed the finish line I felt an amazing sense of accomplishment. (Halley Wunder)

It was my step mom's and my first 8K Shamrock Run. We had so much fun despite the weather! Really it just made for good story telling later on. I look forward to next year! (Leigh Ann Van Epps)

It was my first 5k, it was so much fun!! I loved it! (Meka Olsen)



Meka Olsen, Assessor & Amanda Olsen, Assessor



Jeanette Wyman, Assessor and family member

Continued on Page 17...



Above pictures from left to right: Meka Olsen, Assessor; Ken Kent, Engineering; Halley Wunder, Assessor, and Romy Mielnik, Assessor; Meka Olsen, Todd Harpham family member, Amanda Olsen

Wellness & Safety @ Work

Shamrock Run - Team A&T (March 2015)



Halley Wunder, Assessor, and Doretta Kolen, Assessor



Group Photo (from left to right): Tammy Van Epps, Leigh Ann Van Epps , Romy Mielnik, Halley Wunder and Doretta Kolen, Assessor

Shamrock Run - Team Kersey (March 2015)

"The Shamrock Run is always a fun way to start off a year of running! Love seeing everyone out there, having fun, running together and not taking themselves too seriously! It was great to see so many Clackamas employees running each race!" (Michelle Barrera, Juvenile)

"I appreciate all the help and it was a great event!" (Ryan Kersey, Juvenile)



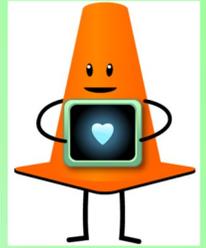
Juvenile team – left to right: Amber & Ryan Kersey, Krista Tidwell, Julie Bitz, Eric & Michelle Barrera



Hillary Westlake (Juvenile) and sister Samantha

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 and [Select option 2](#).

Providence members: Call 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

Kaiser 24-Hour Nurse
503-813-2000

Employee Assistance Program (EAP): To access services call: 1-877-851-1631 or go online at: <https://www.horizoncarelink.com/login.aspx> (login: standard6; Password: eap4u6).

Your Wellness & Safety Team:



From Left:

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

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

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

Jason Morrill is the Clackamas County Wellness and Safety Program Specialist. 503-655-8354 or jmorrill@clackamas.us.

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