

Wellness & Safety @ Work

CLACKAMAS COUNTY

August/September 2015

Why I Decided to Join Toastmasters

By Liliana Bastres, H3S—Health Centers

I joined Toastmasters because I had a desire to communicate my ideas effectively in meetings, during presentations and with my supervisors. I believed that my voice needed to be heard since I had a different cultural perspective. I also wanted to make meaningful contributions in my position while serving Clackamas County residents.

It has been a challenge for me to find the right words at the right time and speak assertively since English is my second language. I could hear my heart racing, my mouth becoming dry and frustration increasing when I couldn't express my thoughts completely. It was stressful for me to give presentations. I knew that if I could find a place where I could practice my communication skills in a safe and supportive environment, I would overcome anxiety and express my ideas well.



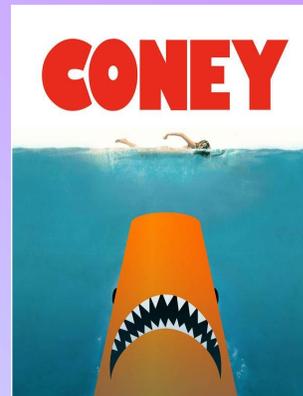
Liliana Bastres during a Toastmasters meeting

One year ago, I received an email invitation to attend a Toastmaster meeting sponsored by the County. After attending the first meeting, I knew I had found an opportunity to practice my communication skills and be encouraged by my peers.

At my first speech, I provided information about my background, interests and goals. I was extremely nervous and read from my notes. Afterwards, I was told that they liked my story and received a couple of suggestions for improvements. I was relieved and motivated to continue this journey. I found my training wheels to become a confident speaker.

During my last meeting, a Toastmasters member congratulated me on how well I was doing since I started. Her encouragement meant a lot to me. My peers at Toastmasters are native speakers, and like me are being challenged to improve their communication skills. It's the best decision I have made recently.

If you think you could benefit from joining Toastmasters, you are invited to come and visit us.



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Over 50? Have You Had Your Colonoscopy? (Poem)

By Chris Nebel (Brother of Tamra Dickinson, DES)

If you're over fifty, there is a procedure
That's much recommended but has the odd feature
Of probing a place you can't normally see:
You guessed it, of course — a co-lon-osco-py!

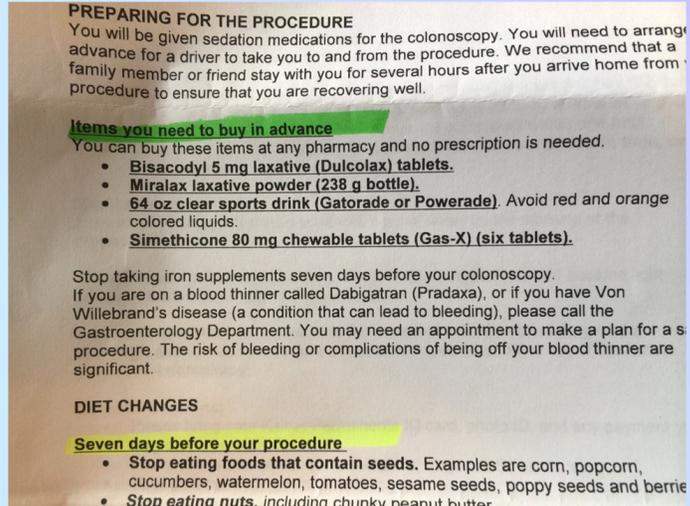
"Now why, oh please why," you might cry in despair,
"Do they have to stick medical instruments there?"
It's a common location for cancer, you see,
Statistically speaking, when you're over fifty.

Now scoping your colon seems undignified,
But it's guarding your health, so swallow your pride
Along with a whole bottle of Miralax
'Cause they need a clear view, so try to relax.

The prep is the hard part; once that's done, it's dull:
Half hour on your side in a sedative lull.
If you're still awake, if you like, you can see
The inside of your tum on closed-circuit TV.

That's it — you're done with your tumor detection,
Any polyps removed and sent off for inspection.
Come back in ten years and arrange a repeat,
It's admittedly awkward, but keeps cancer beat!

20% of our covered population (350 people including employees, partners, and retirees) has not had their colonoscopy or stool sample. That translates to 3.5 undetected cases of colon cancer.



Why I Decided to Join Toastmasters, Continued...

By Liliana Bastres, H3S—Health Centers

The County has two Toastmasters groups for employees:

1) The *Clack-Orators* meet every Tuesday from 12:05-1pm in DSB Room#209. For questions contact Kirsten Ingersoll, 503-742-5954, KIngersoll@clackamas.us

Do you have a 5-7 minute presentation coming up? The Clack-Orators would like to offer you suggestions to improve your speech. You can drop in and practice in front of a small, fun, and friendly group of County employees.

2) The *Clackamas County Toastmasters* meet every Wednesday from 12:05-1pm in DSB Room#209. For questions, contact Brian Imdieke, 503-722-6010, BrianImdie@clackamas.us



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Upcoming Events

- **Commuter Challenge** (Continues through August 31st): [Commuter Challenge Flyer](#).
- **Community Festival** (Wed Sept 2nd): Celebrate the 4th Annual Diversity, Equity and Inclusion Community Festival from 11:00 a.m. to 2:00 p.m.
- **A Day with Greg Taylor** (Wed, Sept 16th): This is a day designated for internal Clackamas County Diversity, Equity, and Inclusion training and sponsored by the County's Diversity, Equity and Inclusion Program. More detail to come.
- **Healing Hearts 5k & 10K Walk/Run** (Sunday, September 27th): Formerly known as Miles4Mileage, Social Services of Clackamas County in partnership with Angels in the Outfield is conducting this fundraising event to benefit these organizations' important causes. Learn more and register: <https://healingheartsfunrun.eventbrite.com> . Sponsored by SSCC. Employees/family and retirees enjoy Fresh Start Cart smoothies and a \$15 prize from Wellness.
- **Save the Date: 2016 Open Enrollment** (November 2nd—18th): Get ready to re-discover your benefits. Have questions? Come to one of the open houses to get your questions answered:
 - Monday, November 2nd from 7am-8am at the Abernethy McCoy Building (medical/ dental/ insurance vendors and Flu shots available)
 - Wednesday, November 4th from noon-3pm at the DSB, Red Soils (Vendors & Flu shots available)
 - Tuesday, November 10th from 10am-1pm at the DSB, Red Soils (Vendors & Flu shots available)
 - Wednesday, November 18th from 9am-4pm at the TLC in the DSB, Red Soils

Wellness & Safety Classified Ads

Looking for a Carpool Partner: I am looking for rides to and from work. My hours are generally Monday-Wednesday, 8:00-3:00 (so I might need to find several different options). I live near to the Walmart, gas station, 7/11 at the corner of Hwy 43 and Cedaroak Dr. in West Linn and I work in the DSB building. I am happy to pay up to \$2 each way. The bus ride takes an hour, with a wasted 20 minutes at the transfer station in Oregon City. I would be so happy to get to and from work more efficiently, while keeping one extra car off the road. Please contact me at clifton@clackamas.us or 503-742-4461.

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 Tamra Dickinson (tamradic@clackamas.us).

Quiz Box

The June/July quiz box winner is... Everyone who provided a correct response!

For the June/July question, we asked, "When faced with a left turn flashing yellow arrow and waiting for an opening in oncoming traffic, how far into the intersection may your vehicle be positioned?"

Everyone who responded correctly received an Oregon City Farmer's Market token. The winners were: Teresa Asch, David Sohm, Billie Hurley, Rex Mercer, Darcy Renhard, Diane Howell, Janet Lowe, Don Howard, Trisha Bafus, Jo Hobbs, Hillary Westlake, Chelsea Lee, Micheline D'Angelis, Dienne Irwin and Shelley Barrick

August/September's quiz box question

For the August/September's quiz box, we are asking you to send us your suggestions for future quiz box questions. If your question is used, you will win a prize!

Send your response to: tamradic@clackamas.us by August 26th.

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

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

Wellness & Safety @ Work

Preparing Together, Emergency Preparedness

By: Kathy Thompson, H3S Public Health

I live in the Elwood District on Goat Mountain between Colton and Estacada. Knowing our area may be isolated during a disaster, our local church has begun planning for assisting people in our community if a bad thing happens. A Facebook page also started a few years ago, which has led to many connections which may be important during a disaster.

Clackamas County Public Health and Sunnyside Public Library partnered in "Preparing Together," an emergency preparedness presentation kit that is available to be checked out of the Clackamas County and Washington County public library systems. It is suitable for a broad audience and is easy enough for a layperson to present, either to their family, church, Homeowners Association or other group. It comes with a wide range of easy-to-read handouts that will assist groups in their preparedness activities. Individuals can access the YouTube version and handouts at the link below or order it from any library in Clackamas or Washington County.

<http://www.crinorthwest.org/preptalk.html>

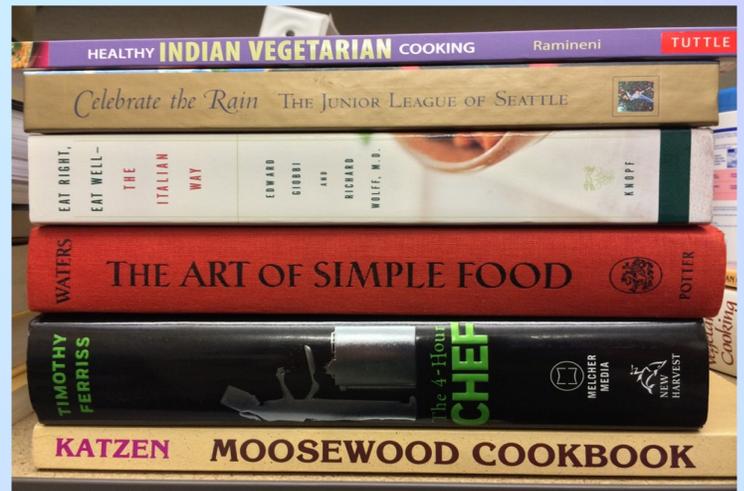


Kathy Thompson (Public Health) and Doug Jones (Happy Valley Library)

Thank you for borrowing Wellness books! by Tamra Dickinson, Wellness Coordinator

We bought a variety of new cookbooks for the library. They are going on the shelves next week, so if you want to borrow one now, send me an e-mail, tamradic@clackamas.us.

- Celebrate the Rain (The Junior League of Seattle)
- Cooking Fresh (America's Test Kitchen)
- Eat Right, Eat Well—The Italian Way (Giobbi, Edward & Wolf, M.D., Richard)
- Healthy Indian Vegetarian Cooking (Ramineni, Shubhra)
- Moosewood Cookbook (Katzen, Mollie)
- The 4-Hour Chef (Farriss, Timothy)
- The Art of Simple Food (Waters, Alice)



Did you know, we moved the Wellness library to the PSB lunchroom and to the Law Library, 821 Main Street in downtown Oregon City. **THERE IS NO SIGN OUT.** Take the book, enjoy it, and return it within four weeks. For people who find the book so useful that you refer to it regularly and you just can't part with it, you can keep it. 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. Please send me requests: tamradic@clackamas.us

Red Soils or Downtown OC isn't your work site? We'd be happy to stock a Wellness library in other locations. 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.



Wellness & Safety @ Work

Understanding “Best By” and “Sell By” Dates By Jennifer Kenny & Larry Lancaster

We published an article about Picnic Safety in the June/July Wellness and Safety @ Work Newsletter that contained information about the “best by” and “sell by” dates on some supermarket products. Jennifer Kenny shared her thoughts on the information and supplied us with this follow up:

Thank you for your educational and interesting newsletter. I have a different take on one area. In the section about avoiding food poisoning at picnics the directions are to not consume food past the “best by” or “sell by” date. Food and money is needlessly wasted when people throw away perfectly good items because they perceive them to be “bad” once the sell by or best buy date has passed. This date is for store stocking purposes. I know the information you quoted is from the CDC but here is what the USDA says:

What is dating?

*"Open Dating" (use of a calendar date as opposed to a code) on a food product is a date stamped on a product's package to help the store determine how long to display the product for sale. It can also help the purchaser to know the time limit to purchase or use the product at its best quality. **It is not a safety date. After the date passes, while it may not be of best quality, refrigerated products should still be safe if handled properly and kept at 40 °F (4.4 °C) or below for the recommended storage times listed on the chart (see below). If product has a "use-by" date, follow that date. If product has a "sell-by" date or no date, cook or freeze the product by the times on the chart below.***



<http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>

Dairy specifically:

http://www.oregonlive.com/foodday/index.ssf/2011/01/take_the_mystery_out_of_dairy.html

Of course people should use common sense and notice smell and color as possible indicators that food has spoiled. Here is a helpful link on food waste reduction from Washington County: <http://www.co.washington.or.us/HHS/SWR/WastePrevention/why-food-waste-matters.cfm>

Larry Lancaster also provided some additional information:

Use-By, Best if Used By, Best By, Best Before: These "use by" and “best” dates are generally found on shelf-stable products such as [mustard](#), [mayonnaise](#), and [peanut butter](#).

The date, which is provided voluntarily by the manufacturer, tells you how long the product is likely to remain at its absolute best quality when unopened. But, as the U.S. Department of Agriculture's [Food Safety and Inspection Service](#) points out, it is not a safety date.

After the "use by" or “best” date has passed, you may start to notice gradual changes in the unopened product’s texture, color, or flavor. But as long as you’ve been storing the unopened item properly, you can generally consume it beyond this date.

Your best bet for gauging whether an unopened shelf-stable product with this type of date is still of satisfactory quality is to simply smell and examine it first. Always discard foods that have developed an off odor, flavor or appearance. You can also consult the [Keep It or Toss It database](#) for optimal food storage times, for both unopened and opened items.



Wellness & Safety @ Work

A Free Visit to the Circuit Bouldering Gym By: Jennifer Joslin Brown, DES

This year my husband and I decided to do a Staycation with our teenage kids and expose them to new activities. Kids or no kids, we all know that the cost to do something can be expensive, especially when you have a large group. Since my kids asked if each of them could bring a friend on one of our adventures, I was challenged with not only finding something that would be “cool” for a teenager but also something that would be affordable. I can be pretty resourceful when I need to be, so I started looking at the LifeBalance website to get some ideas and quickly came across The Circuit Bouldering Gym that offers a FREE day pass for your initial visit if you are a LifeBalance member. Yes you read that correctly, I did say “FREE.” My husband and I were able to take our group of six to try something new at no cost and the end result was pretty rewarding. Everyone put down their smartphones, got a little exercise, had a fun time and asked when we could return. I might even trade a few of my date nights at the movies (which are also available on LifeBalance at a discounted price) for some time with my husband at the bouldering gym. See pictures from our visit below.

Employees, retirees and eligible dependents enrolled in Providence health plans are also members of LifeBalance. The LifeBalance program has a variety of fun and interesting events available to Providence health plan members. LifeBalance encourages its members to stay active, stay healthy, relieve stress and have fun. To support you in reaching your fitness goals, the LifeBalance program has partnered with hundreds of local fitness clubs, yoga instructors, pilates studios, cycling shops and more. Members receive reduced fees and prices, free trial memberships and a myriad of other benefits. Telephone 503-234-1375 or visit [LifeBalance](#) for the complete list of fitness clubs.

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. Kaiser has partnered with [CHP Active and Healthy](#) to provide the discount coupons. You will need to enter your Kaiser ID number and create an account.



Wellness & Safety @ Work

Walk. Connect. Red Soils

160 of us came out for a walk, got sandwiches from JustABite, and smoothie from Juvenile's restitution program, Fresh Start Cart. We paid \$2, and the A-Team subsidized the rest of the cost. Thanks!



The Fresh Start Cart crew with staff person Jamie Jones making smoothies. Popeye spinach smoothies are ready to go.



Stacy Davenport and Tracy Moreland (PGA) pick up their sandwiches and fruit



Kim Lockwood and Gail Shaloum finishing their walk



Larry MacDaniels, Dana Lord, and Scott France (H3S-Public Health)

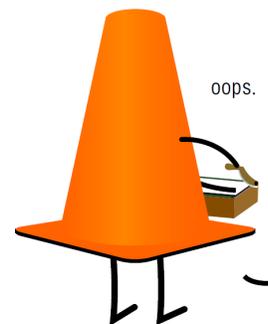
Keep Your Safety Submissions Coming

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

May & June 2015: 61 winners

Top 3 observations:

- 1 Backing/pulling through parking spot,
- 2 Exercising During Breaks,
- 3 Stretching



Wellness & Safety @ Work

We Stretched Ourselves! Summary from the on-line break room

From May 11 through July 12, employees participated in an on-line challenge. We stretched, and had weekly goals around our wellness & safety at work, at home, and in the car. Thanks for the pictures and comments!

- I definitely feel more limber now! I can touch my toes, no problem. Not something I could say a few weeks ago.
- It's better to take breaks! They don't have to be super long ones, but get up and stretch and walk around a little. I love the stretching breaks we have been taking.
- Went to see pain specialist this past week and loved this quote.... "Motion is lotion" the more we move the better we feel.
- Whenever I'm stumped or feeling frazzled, I get up and take a little break...maybe to grab something to eat or drink, or just to move around a little. It might be the circulation. I think my body needs to move to help my brain think through things!
- Thanks for helping me to create a new "habit" that is one worth having!
- Great job, everyone! I'm proud of us! Don't stop here; there's no reason to stop stretching, or to stop thinking about things like ergonomics and eating right. Keep it up all year!
- Setting up your workstation so that you are sitting correctly can really help with aches and pains. I always have a sore back and shoulders, and my chiropractor told me to sit properly at work and it's helped a lot. I don't get as many headaches anymore, either.
- Its amazing how good a stretch feels after a walk. Ergonomics are a key too, so thanks for the reminder!
- We went to the beach for a long weekend. My daughter and I went for walks and did some stretches on the beach. It was a nice way to start each day.
- We went camping this weekend. I was able to walk the campgrounds and trails for my workouts, and do some stretches on the playground before the kids were up. I am proud that I got my walking and stretches in!



Laura Spencer (Treasurer): This is a group effort. The Super Stretchers got each others back.

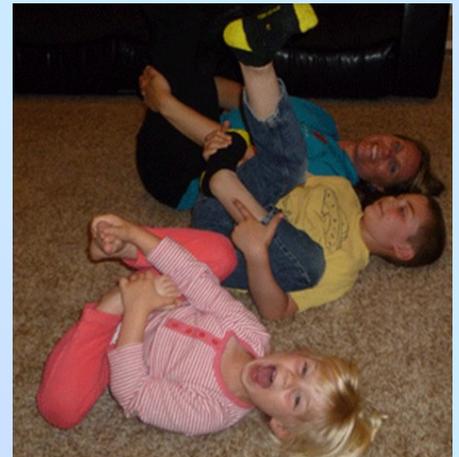


Celia Lucas (Health Centers): A few of us at Hilltop!



Left: Jennifer Kenny (Social Services): Doing my usual standing-desk stretch.

Right: Trish Bafus (DES) and her two kids: One of my roles as a Risk & Safety Analyst is encouraging stretching, movement and ergonomics into our lives, primarily in the work environment. After conducting a New Employee Workshop yesterday, which included some standing and stretches, I was motivated to show my kids the importance of stretching. Needless to say, I was a bit jealous of their natural flexibility at this age.



Wellness & Safety @ Work

Walk-Connect. Centerstone & Downtown Oregon City

Centerstone and Downtown Oregon City employees coordinated their own Walk-Connect with the help of Wellness and A-Team. Employees from both locations enjoyed a walk with coworkers and sandwiches from JustABite café. Here are pictures from the Centerstone event:



Plumbs from the A-Team and other delicious options from the Centerstone employees.



Finishing the Oregon Trail

Since our last update we have had two more people complete the 2,150 miles of the Steps to Health Oregon Trail Pedometer Program: Kim Tinker with the Sandy school based health center and Lynn Gates with Technical Services. Please join us in congratulating Kim and Lynn on this fantastic personal accomplishment.

The virtual walk of the Oregon Trail is a fun and challenging way to get moving while winning prizes. To learn more about how you can participate in the program, visit the [Wellness Website](#).

Right: Tollgate replica on the Barlow Trail



Wellness & Safety @ Work

Ergo Corner By Trish Bafus, Risk Management

Are you standing or are you sitting right now while you read this article?

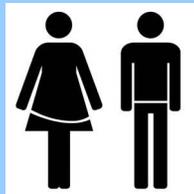
The first half of this year, we have been reviewing the different types of sit/stand stations employees can implement to make their work area more comfortable, ergo friendly and reduce the time sitting. Risk will return to this analysis after the summer with the final installment of [“I Think Ergo”](#) where we will identify a few more options for sit/stand stations. In the meantime, I wanted to change things up and provide some fun videos and a few stats to keep you thinking of how your work area is designed and what type of ergo improvements could be put in place to make your body/mind feel better.

Here’s the 1st question: **WHAT IF...**we could improve our lives by reducing excessive sitting? Interested? If so, please take a look at this short video for inspiration.

<http://youtu.be/fTqgN0V7Lxl>



Stats: BATTLE of the SEXES?



Average time spent each week working in front of a computer or via mobile device	
27 hours	23 hours
Wish they had some type of adjustable workstation available to them	
71%	64%
Have sought medical care due to discomforts caused by their working environment	
27%	21%



Here’s the 2nd question: Do you love your chair? Does it meet your needs? Are the two of you compatible? Is it time to go your separate ways?

Attached are a week of **“Office Breakups”** to get you thinking. Each clip is 45 seconds, so super short. Hint: Don’t close each video too soon as there is a little tidbit after each one.



#1 Monday’s Breakup – Don’t Make This Weird.

https://www.youtube.com/watch?feature=player_embedded&v=sif6c3ZKlqI

#2 Tuesday’s Breakup – This Relationship Is Killing Me!

https://www.youtube.com/watch?feature=player_embedded&v=Nlc-O3JABt0

#3 Wednesday’s Breakup – You Deserve Better.

https://www.youtube.com/watch?feature=player_embedded&v=O64C_h3cNs

#4 Thursday’s Breakup – Stand Up for Yourself!

https://www.youtube.com/watch?feature=player_embedded&v=dGDSYuIY-ZM

#5 Friday’s Breakup – It’s All Your Fault.

https://www.youtube.com/watch?v=kBLqB1VW4vU&feature=player_embedded

Wellness & Safety @ Work

Blueberry Day From The A-TEAM

On July 22, 2015 the A-Team and many helpers throughout the county served 137 containers of ice cream and 310 pounds of blueberries to 1338 employees in 23 offices. Thanks everyone!



Dawn Gilbert (H3S- Behavioral Health, Hilltop and A-Team)



Nina Smith, Jennifer Joslin Brown (both DES), Kevin Ko, Mike Woolman (both H3S-Community Development) volunteer to serve berries and ice cream.



Jason Morrill (DES), Karl and Mark (Albertsons store management) Breyers ice cream pick-up.

Congratulations Jason Morrill and Nina Smith!

written by Tamra Dickinson, Wellness Coordinator



We have some changes coming to *Wellness & Safety @ Work* newsletter. Nina, who you heard from regularly illuminating our benefits in Did you Know... will be moving to the Human Resources side of Employee Services as a Compensation Analyst.

Jason Morrill, who designs this newsletter and is a regular contributor of articles in areas such as insurance, commuting, and safety was selected to fill Nina's vacancy as Benefits Analyst serving retiree medical care and preparing for retirement.



The great news is they are both still contributing their skills and experience to the Department Employee Services and to employees. We will miss Jason's skill and care in customer service, talking to you all about wellness and safety, bringing you well organized events, and processing claims. As part of the Benefits team, we still get his care and service as he works with retirees on their medical plans, provides orientation to employees about benefits, teaches classes such as Benefits After Retirement, and answers lots of questions. Please join me in congratulating Jason and Nina.

That means we are filling a vacancy for Wellness and Safety Program Assistant (classified as Human Resources Assistant). It will be a County internal recruitment. We are looking for someone who is superb at processing high volumes of questions/needs/data with excellent accuracy and who is consistently graceful and friendly with customer service. If you have background in insurance claims processing, PeopleSoft database, and/or care about health and safety, please apply. Keep an eye on the County job announcements. **Once the announcement has been published**, if you have questions and would like to talk briefly with Jason or Tamra about the job, please call us.

Wellness & Safety @ Work

Relay For Life, June 27-28

A number of Clackamas County employees walked the Clackamas Community College track for 24 hours to fight cancer, remember loved ones, and raise money for cures. One of our Clackamas County teams, led by Jeri Oswald and Krista Weatherford, completed their 7th year with a total of over \$40,000 raised. Congratulations!



Liane Kinne and Colette Stiff (Behavioral Health). "It was so nice to be able to support my friend who has recently lost a loved one to cancer, and to remember those I have lost as well."



HOPEY the Clown, Elizabeth Leighton (DES) hands out encouragement to Relay participants



Luminaria messages of hope and memory light the walking track

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 Jason Morrill at jmorrill@clackamas.us*

Gordon Dawson (Employee Services, Retired 2014) on an eastern Oregon road trip and bird watching adventure with a friend and friend's dog, Winnie.



Wellness & Safety @ Work

Where to Walk: Canby Old Logging Road Trail By Hillary Westlake, Juvenile

This weekend my family and I walked the Old Logging Road Trail in Canby. Round trip this walk is 7 miles, it starts by Trost Elementary and ends at the Willamette River. Here is a link that has some more information about it <http://www.trailink.com/trail/logging-road-trail.aspx>. The best place to start (and park) is at Trost Elementary School, the path sits directly behind the school, and there is a nice path from the school that takes you back there. Every .25 miles is marked on the trail so you know exactly how far you have gone. Depending on the time of year you have your selection of fruit along the trail (apples, blackberries and cherries). Kids are entertained with the train (if you happen to walk across the bridge as it passes by underneath) and/or the squirrels that like to run across the path and play in the trees. Once you arrive at the river (this is where the path ends) you can watch the Osprey in their nest. This walk is stroller and bike friendly.



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: jmorrell@clackamas.us.

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



Wellness & Safety @ Work

Rock N' Roll Half Marathon

"That was way easier than running from the cops! LOL. But seriously, I don't know if it was the adrenaline or fatigue but after 13 miles I was overcome with emotion. I don't have any memory of it, but they say at the finish line I fell to my knees in tears and was heard screaming "I won! I won!" for blocks. All I know is I haven't been the same since." -Marcy Shadrin (CCSO)

Some have said I'm half mental for my love of running. I guess they may be on to something. We did it! Great music. Great entertainment. Great swag. Great run! -Tina Burgess (CCOM)

"Check the box d-o-n-e!! From the kid dressed as a dragon holding a sign that said "free dragon high fives" to the crazy NoPo guy who pretended to reel me in with his fishing line and all the crazy homeowners who had homemade bands in their yards. Rock and Roll half wasn't all that bad!! #13.1" -Mindy Jensen

"It was an awesome morning for a run in beautiful Portland. Great atmosphere and people! Lovely reminders from those visiting Portland to race about how awesome our town is. Thank you Michelle, Eric, and Julie!" -Krista Tidwell



Mandi Oropeza (Behavioral Health), Krista Tidwell (Juvenile), Collette Stiff (Behavioral Health)



Mindy Jensen and Finley (wife and daughter of CCSO Sgt Brian Jensen)



Andy (Husband of Marcy Shadrin) putting us through a proper pre-run stretch routine before leaving the house race morning.

Wellness & Safety @ Work

Tonkin Run for the Love of Schools By Kelly Neumeier

The Wellness Program provides 1/2 race reimbursement for County teams of at least 3 employees/family. Email Tamra Dickinson (tamradic@clackamas.us) for reimbursement approval for your run/walk/bike.

Thank you to the Clackamas County Wellness Program for supporting our participation in this fun run for the schools. It was great to support the schools while continuing our run training and spending time with our families. Jennifer Joslin-Brown brought her running friends out for the 10k and used this as a training run coming off of multiple running events in May and serving as captain for this year's Hood to Coast. Karen Buehrig and Kelly Neumeier also came out for the 10k and can frequently be found running together for local races. Karen said "Who knew we'd appreciate some shade on the course so much at this early hour!" The 10k started at 7:15 a.m. but the sun was already really hot! For the kids it was tough getting out of bed but they all enjoyed the 5k once they got going. The youngest of the bunch, Alex (10), was going to walk it but quickly got bored with that so ran the rest of it for his first 5k finish. Kyle (13) is in between track and cross-country seasons for middle school and likes collecting 5k finisher medals. The best part of the race was that the 10k route doubled back and finished on the same course with the 5k so Kelly and David (who had been doing the 5k with the kids) were able to run across the finish line together as were Karen and her daughter Kate who is celebrating her birthday this week. (The kids thought the best part was catching free running visors during the awards ceremony and free popsicles and popcorn at the end!)



Left to right: Kate Buehrig, Karen Buehrig (Engineering), Kyle Neumeier, Kelly Neumeier (Technology Services), Alex Neumeier, David Neumeier

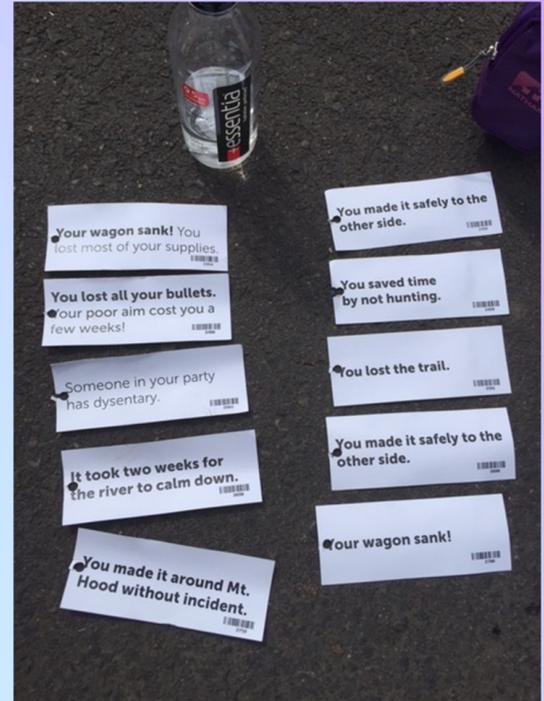


Left to right: Laura McGraw, Jacinta Ortiz, Jennifer Joslin Brown (Benefits)

Wellness & Safety @ Work

Oregon Trail 5K By Karen Buehrig

It was a long and arduous journey along the Oregon Trail. We experienced high water, illness and sinking of wagons. We are sad to report that none of our wagons made it to Oregon City. But the good news is, we all had a great run! The Oregon Trail game was a fun twist to a typical 5K. We'd highly recommend this run to others if the city hosts it in the future.



Above: the various obstacles that were distributed through out the run and a group photo of the participants

Left: Kelly Neumeier (TS), Gaetan Delletré (friend), Karen Buehrig (Engineering), Kate Buehrig (family member)

Red, White and Blues 5K

Colette Stiff: It was a beautiful morning and a great way to celebrate the holiday walking with friends and co-workers.

Liane Kinne: This race was a great way to wrap up a long weekend. It was early enough in the day to avoid the warm weather and the course was easy.

Shannon Boyette: This is a great 5k and I had the pleasure of doing it with my niece for the first time who also enjoyed it. We were late but we still were able to do it even though we were confused. I always love crossing the bridges.

Tiffani Frank: My experience was great, a little too hot but would definitely do it again.



Left: Left to right: Niece of Shannon Boyette; Shannon Boyette (contracted worker); Liane Kinne (Health Centers); Colette Stiff (Behavioral Health Admin)

Right: Left to right: Colette Stiff and Liane Kinne



Wellness & Safety @ Work

Rugged Maniac 5K Obstacle Course and Mud Run From DA's Office

For the 2nd year in a row, co-workers from the District Attorney's Office Victim Assistance participated in the Rugged Maniac 5k obstacle course/mud run. The co-workers and their families had a great time climbing, jumping, running and slithering through the muddy course. While some of the obstacles seemed a little intimidating, everyone had fun and did their best with the challenges. It was a wonderful way to get to know each other outside of the office and to share some laughs.

- "I loved doing this mud run with my coworkers and friends - great exercise and lots of challenges and laughs. I looked forward to doing this every year!" - Tracy Goodrich
- "What a great time with co-workers, friends and family. I look forward to doing this again next year." - Krysti Bellmore
- "This was so much fun to get out, get some exercise and get muddy. I really enjoy sharing this with my friends and co-workers" - Carrie Walker



In the pink is Kim Jacoby, family member, Tracy Goodrich employee in the yellow



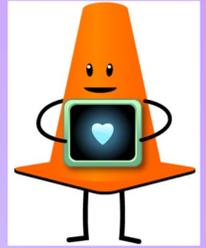
All Victim Assistance employees left to right: Tracy Goodrich, Carrie Walker, Krysti Bellmore



Family members with 3 Victim Assistance employees: #2751 Krysti Bellmore, #9969 Tracy Goodrich, #9962 Carrie Walker

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:

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