



Wellness & Safety @ Work

Winter 2014/2015



How Are County Employees Investing In Their Health?

Gathered from employees during the open enrollment open houses and through the Fall quiz box

We drew answers to this question from quiz box entries and the November 5th and 12th Open Enrollment Open Houses. Read all the fun answers below!

Winners Names:

Andrew Swanson – WES
Rebecca Howard – Treasurer
Char Kasch-McIntyre – DES
Erin Ruff – Resolution Services
Manuel Contreras – WES
Tracy Garell – H3S
Rick Gruen – BCS
Lindy Beals – Housing
Michael Nafeie – Fleet Services
Sommer Pointer – Traffic

Alice Tarachow – AT
Laura Kooiman – SS
Katie Dunham – NCPRD
Dale Kim – Juvenile
Andre Vysotskiy – (Victoria's son, DES)
Cara Graham – DA/Family Support
Robert Erland – AT
Sheila Burnum – Sheriff
Mike Kohler – DTD
Hillary Westlake – Juvenile

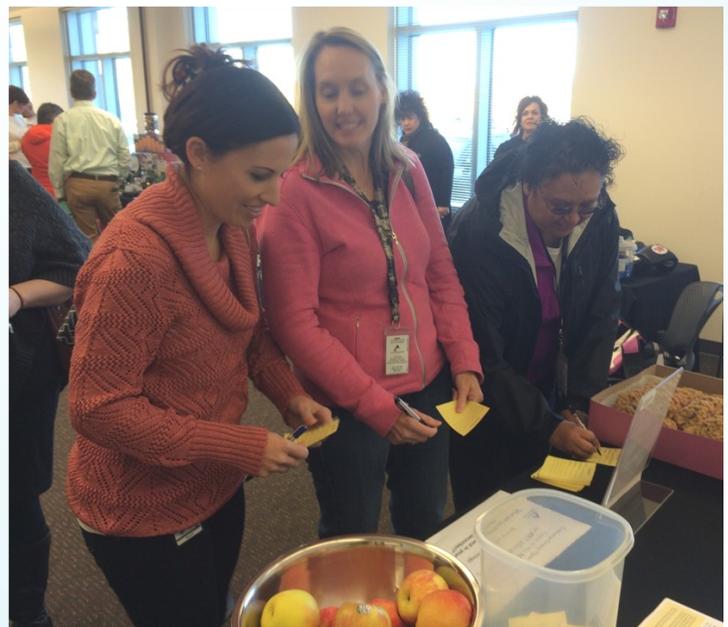
Celia Lucas – Hilltop – BC
Jacque Porter – Finance
Laurel Kuykendall – Finance
Eileen Swigert – H3S – HC
Julie Kuehl – AT
Beth Braunstein – WIC
Stacy Davenport – PGA
Jon Benjamin – DTD
Josh Mitchell – DTD/Bridge
Jan Oyama – DES

(Winners received movie tickets or a REI gift card; Providence donated 2 Fitbits, and VSP donated 2 pairs of sunglasses)

All Statements:

- I'm going to exercise 60 min/day, 7x per week, and enjoy special time w/my family!
- Walking at breaks and lunch.
- Going to the gym 10 more minutes.
- T-25 DVD 3x wk.
- I get up early to walk and sleep 8 hours most nights.
- Walking the dog in rain or shine.
- Keeping up with Zumba – Keep stress to a minimum!
- Scheduling daily exercise (now only 2x/wk).
- I am going to concentrate on being more active and eating better.
- At work Weight Watchers! Thanks Benefits staff!
- Joining a second gym to exercise.
- Lose 5 pounds and begin exercising.
- Wife & I are in 6th week of P90X3, 90 day exercise/nutrition program.
- Flu shot (4).

Continued on page 9...



Amber Christensen, Sheila Burnum, and Cindy Haglund (CCSO) invest in their health

Wellness & Safety @ Work

Upcoming Events

- **Weight Watchers Open Houses** (Thur Dec 18th or Jan 8th noon) at Red Soils PSB-255 and (Fri Dec 12th or Jan 9th 12:15 pm) Downtown Oregon City 821 Main St. Second floor. More info class dates/price: [About WW](#)
- **Exercise Classes** begin January 5th at multiple locations around the County! Here is the enrollment information: <http://www.clackamas.us/wellness/documents/exerciseclassenrollmentinfo.pdf>

Candle Safety Researched by Larry Lancaster, WES and written by Jason Morrill, Wellness and Safety
(source: National Fire Protection Association; www.nfpa.org)

During the holidays, candles are a beautiful addition to the myriad of decorations in our homes and help create a festive feeling. In my home, we practice a German tradition with an Advent wreath each of the four preceding Sundays leading up to Christmas that involves drinking wine or juice, eating Christmas cakes and cooking, singing Christmas songs and lighting candles affixed to a wreath. However, with young children running around, I have to keep a close eye on handling these candles safely. I was surprised to learn that home fires caused by candles are reported to US fire departments an average of every 34 minutes. With this in mind, we wanted to share some candle safety tips that are important to keep aware of during the holidays:



- One of the most important tips in my household is to never leave a child alone in a room with a burning candle. Young children are curious and don't fully understand the dangers associated with fire. In fact, never leave a candle unattended regardless of whether you have young children or not.
- Keep anything that can burn at least 12 inches away from the flame of a candle. My family's Advent wreath is a clear violation of this one... Over half of all candle fires occur because this general rule is not followed.
- No matter how romantic it seems, keep candles out of the bedroom. That is where 38% of home candle fires start.
- Don't use a flimsy or unstable candle holder. The holder and the surface where the candle is placed must be sturdy.
- Pure oxygen in a canister, while not flammable by itself, is an accelerator and can cause small fires to burn out of control extremely fast. It is a good idea to become familiar with the items in your home that could be dangerous around a flame.
- Finally, candles should be extinguished and disposed of **before** they burn all the way down.

We hope you have a safe, fun and loving holiday season!

Quiz Box

The Fall quiz box winners are... highlighted on page 1!

In the Fall's newsletter quiz box and at the Open Enrollment open houses on November 5th & 12th, Wellness asked the question: *"How are you investing in your health during Nov and Dec?"*

We had many great responses, which are published on pages 1, 9, 10, and 11.

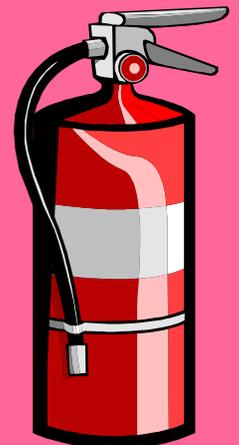
December's quiz box question

Our Safety Team sent out a safety message via email 10/1/14 regarding fire extinguisher safety to promote October as fire safety month. We also did a follow-up article in the Fall newsletter regarding fire extinguisher training. Since we are in holiday baking, candle burning and Christmas light mode (all known for starting house fires) this month's quiz box question is:

*"What does the acronym **PASS** stand for when using a fire extinguisher?"*

Send your response to: jmorrill@clackamas.us by December 24th.

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



Wellness & Safety @ Work

Halloween Swap from Tamra Dickinson, Wellness Coordinator

DA Family Support, Beaver Creek Annex, Public Health, and WES admin Offices turned this:



Into this:



And the Sheriff's Office turned the candy donations into care packages for their employees who are stationed overseas.

Thanks for giving up your temptations, and giving the calories to people who are actively burning them.

From an employee: *"I know just how Coney feels after too much junk!"*

Adventures in Retirement from 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 adventures lay ahead in retirement! *Retirees- please send in updates and pictures to Nina Smith at nsmith2@clackamas.us.*



Right: Ed Mura (retired, Sheriff's Office 2012) at the mouth of the Nehalem River in August 2014.

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December Flu Poem

I got my flu shot today
Keeping that virus away
Washing hands
Prevents germs growing all over the land
Feeling a sneeze or cough coming on?
Do it in the bend of your arm
Feeling the sickness?
Be at home, oh goodness.



DA's Office Courthouse Adds More Healthy Snacks To Their Vending Machines

Tamra Dickinson, Wellness Coordinator

I don't think it was health that motivated Sarah Brown, DA's Office, to ask me about upgrading their vending machines. It was complaints about old machines being empty or eating money. But once we asked people in a survey what they wanted in their machines, 83 people out of 91 question respondents asked for more healthy items. The DA's Office is getting new machines, and a 50/50 mix of healthier choices and traditional snacks.



Left: Sarah Cegan, Law Library tests a Food Should Taste Good Multigrain chip. Vance Huddle is from Canteen Vending NW, the new company that acquired the old machines.

Right Top: These snacks are pure strawberry and banana. No added anything.

Thank you to the Leadership Academy Team, Eric Barrera (Juvenile), Jeannine Breshears (Tourism), and Krista Weatherford (DES) who developed this process in 2013. If you would like your vending machines looked at to include healthier choices, please contact tamradic@clackamas.us.

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The Connection Between Stress and Sleep Compiled by Larry Lancaster, WES

How many hours of sleep are you averaging a night?

If you find yourself waking up multiple times during the night and can't seem to fall back asleep, your body may be releasing stress hormones.

A recent poll from NPR, the Robert Wood Johnson Foundation and the Harvard School of Public Health reported, **Skimping on Sleep Can Stress Body and Brain**, *70% of those experiencing a lot of stress were also experiencing trouble sleeping*. To help with these interruptions, researchers suggest you establish a consistent sleep pattern (by falling asleep and waking up at the same time each day) and turn off electronics, as the short wave lights can emit melatonin.

According to a sleep survey of over 10,000 respondents, about 3 out of 4 are getting fewer than the recommended 8 hours per night. Even more disconcerting, 1 in 4 are getting 5 hours or less--a level that can put them at greater risk of health problems and car accidents!

Not all insomnia is due to stress, but people who are under considerable stress can have insomnia. In the case of insomnia related to stress, alleviating the stress should alleviate the insomnia. Stress causes insomnia by making it difficult to fall asleep and to stay asleep, and by affecting the quality of your sleep. Stress causes hyper-arousal, which can upset the balance between sleep and wakefulness.

What about over-the-counter medications? Do they help?

Over-the-counter medications, in combination with a good behavior program, can be helpful for a few days; but the problem with OTC medications is that they tend to have limited effectiveness over the long term and can have a high incidence of "hangovers." Many people taking OTC medications still feel tired the next day and attribute it to their insomnia, but it can be a lingering effect of the medication. Be wary of OTC medications- use them only as you would aspirin for a headache, only so much for so long.



The Link Between Sleep and Mood

You probably know firsthand that sleep affects mood. After a sleepless night, you may be more irritable, short-tempered, and vulnerable to stress. Once you sleep well, your mood often returns to normal.

Studies have shown that even partial sleep deprivation has a significant effect on mood. University of Pennsylvania researchers found that subjects who were limited to only 4.5 hours of sleep a night for one week reported feeling more stressed, angry, sad, and mentally exhausted. When the subjects resumed normal sleep, they reported a dramatic improvement in mood.

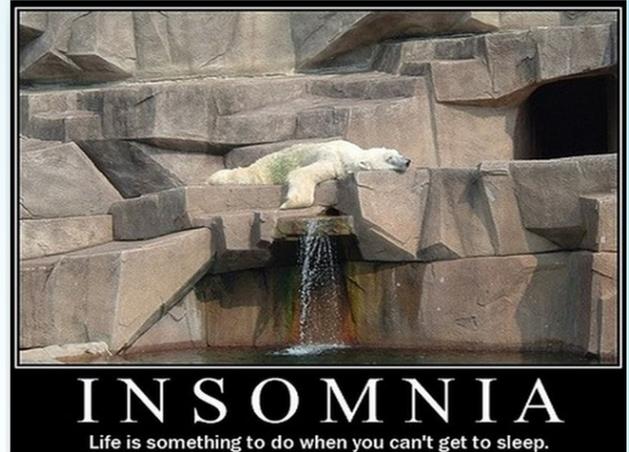
How much sleep is enough?

Sleep needs vary widely from person to person, but general guidelines are:

- 16 hours for infants - 9 hours for teenagers - 7-8 hours for adults

Keep in mind that some adults do fine with 5 hours of sleep and others need as many as 10 hours per night.

(Information Sources: National Sleep Foundation; Mayo Clinic; WebMD)



For more on sleep and sleep disorders, see page 6...

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Sleep Disorders Compiled by Larry Lancaster, WES

What are sleep disorders?

Sleep disorders are conditions that affect how much and how well you sleep. The causes range from poor habits that keep you awake to medical problems that disrupt your sleep cycle. If you don't feel rested in the mornings, see your doctor. *Insufficient sleep is a serious problem that poses a threat to your health and safety!*

The dangers of poor sleep?

Lack of sleep can take a toll on nearly every aspect of daily life. Research has linked sleep deprivation to car accidents, relationship troubles, poor job performance, job-related injuries, memory problems, and mood disorders. Recent studies also suggest sleep disorders may contribute to heart disease, obesity, and diabetes.

Symptoms of Sleep Disorders

Symptoms vary depending on the type of sleep disorder but may include:

- Excessive sleepiness during the day
- Trouble falling asleep or staying asleep
- Snoring or brief pauses in breathing during sleep
- Urge to move your legs at rest or an uncomfortable feeling in the legs at night

Sleep Apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. You may have sleep apnea if you snore loudly and you feel tired even after a full night's sleep.

There are two main types of sleep apnea:

Obstructive sleep apnea, the more common form that occurs when throat muscles relax

Central sleep apnea, which occurs when your brain doesn't send proper signals to the muscles that control breathing

If you think you might have sleep apnea, see your doctor! Treatment is necessary to avoid heart problems and other complications.

(Information Sources: National Sleep Foundation; Mayo Clinic; WebMD)



Don't forget to keep your safety submissions coming

Here are some submissions from employees:

"Assisted coworker with a heavy lift."

"I saw Dean take the initiative to pick up garbage in our parking lot that may have been a hazard to a person or a vehicle. Good Job Dean!"

"Have been walking and stretching on lunch breaks during the last two weeks."

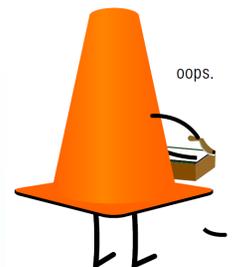
Submit your safety incentive forms online: [Safety Incentive Recognition Form](#)

October:

76 winners

Top 3 observations during October:

- 1 Participated in annual earthquake drill (94),
- 2 Wearing Proper PPE (39),
- 3 Complete pre-trip vehicle inspection (25)



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Veteran's Day 5K Compiled by your fellow employees

"This was a great race and it was a lot of fun to see Camp Withycombe. It was also great to have so many of my Portland to Coast teammates do the race together!" Kim

This was a terrific run! It was well-organized, at an unusual location and for a great cause. Running next to a row of military tanks is not an everyday experience. Brooke R. Gelfand

I would highly recommend the Veteran's Race next year; it was fun to be on campus with the National Guard, enjoyed the drums, and the young cadet team running through doing their chant, plus spending time with my coworkers away from cubicle world! Cheers to Wellness for supporting activities to participate in, Caryn Anderson

I was honored to be able to participate in a race that recognized our veterans and active military personnel. I look forward to participating in this event next year. ---Liane Kinne



Left to right: Colette Stiff (Behavioral Health), Liane Kinne (Health Centers), Tiffani Frank (Health Centers)



DD Team (left to right): Kelsey Deming, Laura Kooiman, Amy Jackson, Kim Wyatt, Caryn Anderson, Brooke Gelfand

Wellness & Safety @ Work

Where to Walk Winter Edition: Beaver Creek Grange By Patrick Ramirez, TS

The Beaver Creek Grange in downtown Beaver Creek is a place I walk to several times a month as the rental and maintenance person. It is not an exotic locale or anything but it is regular exercise nonetheless. I get to enjoy the (sometimes) fresh air and exciting (dangerous) path conditions – depending on the traffic. It is sometimes good/healthy to simply walk around in your own neighborhood to at least get some regular exercise. The Beaver Creek Grange is located at 22041 South Kamrath Road in beautiful Beaver Creek Oregon.



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

How Are County Employees Investing In Their Health?, Continued...

Gathered from employees during the open enrollment open houses and through the Fall quiz box

- Eating well and walking.
- Sign up for Turkeython & Jingle-bell run.
- Watching what I eat, how much I eat & concentrating on more exercise.
- Losing 20 lbs!
- Adding more sleep to my daily health routine.
- 30 minutes of exercise a day!
- Eating less sugar!
- Water aerobics, walking, meditation, and counseling.
- I'm walking during my breaks.
- Cooking healthy at home.
- Walking stairs, eating salads.
- Kickboxing!
- Walking on my lunch and breaks!
- Eat healthier – soup weather & fall fruits and veggies - walking 20 min/day even in rain.
- Walking more.
- Joining a gym.
- Waking up earlier to workout.
- Making lunches vs. eating out.
- Eating better & going in for regular massages.
- Exercise – County Pilates class, walking, acupuncture, healthy eating.
- I just joined Weight Watchers here at work to try to achieve and stay at a healthy weight.
- Move more – eat healthy.
- Regular workouts – Exercise!
- Boot Camp, Weight Watchers, Yoga & running.
- Cutting down on sugar, eating more fruits and continuing Weight Watchers meetings.
- Running! Veterans 5K, Turkey Trot 5K, Holiday half marathon.
- Going to the Dr. for a checkup.
- Reduce my carb intake.
- Health screening – Weight Watchers and walking.
- Exercise!
- T25 workouts, jogging, sleeping 8 hours and eating well.
- Running in the dark after work with my new headlamp.
- Going to exercise classes at lunch time.
- Eating more vegetables!
- Reduce my intake of holiday treats & start an exercise plan to begin training for next year's HTC.
- Eat healthy.
- Training for 10K – running 5K.
- Yoga – Dr. Follow-ups.
- I've signed up for Better Body Boot Camp and am bike shopping @ REI.
- Walking my two dogs before & after work, Yoga 2-3 times per week, strength training 2-3 times per week, eating food in its natural form/avoiding processed foods, trying to sleep 7-8 hours each night.
- Eating good!
- Walking, tracking & Weight Watchers.
- I signed up for a Muddy 25K (15 miles) race in Feb & plan to do 21-day food elimination cleanse in January.
- Signing up for 5 & 10k events – the next one is Veterans Day "5K" where the medal will be Dog Tags!
- Eating more fruits and vegetables, limit snacks.
- I've started a plant based diet. I'm losing weight, lowering my blood pressure & hopefully cholesterol & blood sugar!
- Every time a sports game is watched by my husband, I go on treadmill in other room for 60 minutes.
- Eating healthy.
- Eating better & healthier foods.
- Walking and I took a physical exam. Eating more fruit and vegetables.
- Exercising.
- Attend benefits fair.
- Adding an extra day of walking to my current 4 days per week workout - I currently do Body Pump & Zumba.
- Walking and eating more fruit & veggies.
- I will be doing Yoga 4x/week instead of 3x/week. Thanks!
- Not making any sweets.
- Running/gym 6-7 days per week.
- I'm reducing the amount of candy I eat.
- Exercise program & eating – walk 30 minutes.
- Pilates, treadmill, limiting carbs.
- Working out and running also eating better.
- Walking & taking a trip.
- Cross fit.
- Watching what I eat.
- Ski, bike, gym, weights.
- Get more rest, reduce stressful activities.
- I am finally moving out of my house that is too big and too expensive. This will improve my life all the way around!
- Walk – Walk – Walk!
- Hydrating and limiting sweets – adding fruits & veggies.
- I workout over lunch with 2 of my co-workers!
- Having physical & mammogram
- Exercise, eat healthy.
- Scheduled mammogram.
- Yoga, tap dance, eat lots of veggies.

Continued on page 10...

Wellness & Safety @ Work

How Are County Employees Investing In Their Health?, Continued...

Gathered from employees during the open enrollment open houses and through the Fall quiz box

- Running 4 – 5 miles every morning out here @ 4:50 a.m. - want to join us?
- After a healed knee injury, walking 15 minutes per day – going to bed 30 minutes earlier.
- Watching what I eat & try to lose weight.
- Daily exercise, including tennis.
- Yoga, gym workout, chiropractor.
- I'm dieting (fats & sugars) eating more veggies.
- Exercising and eating healthy.
- Running, lifting weights and raising a puppy!
- Hike 1x per week with family and more veggies.
- Today I had my first flu shot in years! I am also going to get a physical – long overdue.
- Reduce added sugar & sat. fat.
- Cutting out soda & coffee w/ creamer.
- Participating in Weight Watchers & working out at Nautilus Plus.
- Working out 4x a week - Ran a 5k in November, running a 5k in December - Thanks!
- Eating better & exercise.
- Running every Sat. and Sun. about 8.0 miles.
- I am now sleeping more and eating balanced foods. Try to not overload with too much worries.
- Jogging with my wife.
- Exercising, eating healthy.
- Running, training.
- Walking 4x week, healthy eating.
- Walking & staying away from fried food!
- Checking out options, got my flu shot, taking care of my health.
- Stretch Yoga on Mondays 30-60 minute walks most evenings.
- Avoiding holiday sweets & limiting them when I do indulge. Healthy choices for Thanksgiving sides.
- I signed up for kickboxing! I had my 1st session yesterday & it felt great!
- Daily exercise – meditation – healthy eating.
- Walking/eating more fruit.
- Running outside despite the weather!
- Attend Open Enrollment Fair.
- Drink Water.
- Paleo diet, naturopath, P90X, treadmill, acupuncture.
- Yoga, Pilates, acupuncture, lap swim.
- Drink more water; more activity (more dancing); healthier eating
- Health fitness.
- Start exercising – no sugar, fresh veggies/fruit.
- Taking more walks and getting outside with my daughter.
- Exercising and cutting out animal products from my diet.
- Changing diet to no sugar, low carb, no processed foods - Down 5lbs so far.
- Changing my insurance company so I can better access health services for my family.
- Watching what I eat to not over eat on sweets.
- A balance/fitness class @ Wilsonville Sr. Center.
- Meditation, massage therapy, baking & visiting family/friends.
- Walking at breaks & climbing stairs, eating more fruit & veggies.
- Boot Camp 3x days a week, running 2x a week.
- More hand washing & cleaning surfaces to avoid spread of germs.
- Getting a flu shot, joining a gym, playing more sports, Turkey Trot.
- Keep w/my exercise plan!
- Committed to Better Body fitness one week & kickboxing (possible membership) & walking.
- Walking 1.8 miles up hill & down, floor weights/hiking.
- Eating healthy, walking 3-4x a week.
- Walking.
- Going to bed earlier!
- Eating better.
- Hike with group & jogging "Hike it Baby" weekly.
- Retiring.
- Curves, low carbs, no sugar, no starch, acupuncture, massage.
- Maintain a healthy pregnancy & manage stress.
- Walking, prepping weekly meals.
- Walking and check up.
- I work out 5 mornings per week.
- Biking riding.
- Saying "no" and giving myself permission to not over-do.
- Running a 10k Turkey-a-thon.
- Walking & taking the stairs.
- Indoor & outdoor soccer, run daily & 2 5k Fun Runs.
- More exercise and pre make my lunches at home for work.
- Always take the stairs instead of the elevator – park a long ways in far parking lot so I can walk further also do this @ stores.
- Kayaking & K-Co skiing.
- Now that the days are darker, shorter and wet, I fight the instinct to want to cuddle up in my PJ's and hibernate at home. This Fall, I'm making a conscientious effort to set goals and get my workouts in throughout the week. One motivation was signing up and training for the Jingle Bell Run. It's the first 5k I've done since having kids, so really want to prove to myself – I can still do it!

Continued on page 11...

Wellness & Safety @ Work

How Are County Employees Investing In Their Health?, Continued...

Gathered from employees during the open enrollment open houses and through the Fall quiz box

- Cleaning, eating and exercise! I have an eating plan and exercise program (21 Day Fix) that I have been following. It was very useful during the Life Balance program.
- I am continuing on my momentum from “Everybody Eats” and will plan to eat at least 2 servings of fruit and 2 servings of vegetables a day.
- I am taking a mindfulness meditation class and am trying to get in more walking with my dogs.
- Getting a flu shot November 3rd (a little late, I just got the flu, bummer) -Taking advantage of the Fall Farmer’s Markets and getting lots of neat vegetables; at the Milwaukie Farmers Market, there is one farmer who has lots and lots of different kinds of potatoes along with pears and apples. Winter chores are starting for exercise: cleaning horse stalls, blanketing, unblanketing horses, brushing off mud and picking mud out of eight feet. On moderate days, the riding will continue!
- I will be working on increasing vegetable intake and using rain boots to go on plenty of walks.
- I bought a Vita mix to make healthy smoothies!
- Rain season is here and getting a good workout can be difficult, so I will be bringing my workouts indoors.
- I will be investing in my health this November and December by doing some hot yoga to get a good workout while keeping warm. I will also be running indoors at my gym rather than outside in the cold rain. In regards to my nutrition I just recently purchased a new cookbook, Skinnytaste, that I am really excited to start cooking from (ok, that I will ask my husband to cook from because those that know me know that I don’t cook). The book is full of nutritional but tasty recipes that will continue to help me on my journey to a healthier me during the months to come.
- Working out, eating healthy, trying to get a good night sleep and going for my bi-annual dental cleaning.
- In November and December, I am investing in my health by continuing my daily exercise regimen of at least 30-60 minutes of walking my dogs. I am also going to eat only one small plate of food at Thanksgiving, eat less candy during Halloween, and eat significantly less holiday baked goods during December.
- I am NOT buying seasonal cookies, candies, desserts (except pie on Thanksgiving) to bring into my home.
- I’m substituting fruit (frozen grapes, frozen bananas,

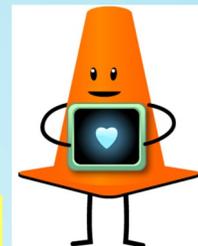


Rae Gordon, Tourism invests in her health

- apples) when the sweet tooth calls.
- With the holiday season coming up I know there are many goodies that will tempt me. I plan on starting my 4 times per week workout with the Jillian Michaels 30 day shred. It’s only 20 minutes per day but I get strength, cardio and abs in that 20 minutes. And I feel good after I do it. I also will be working on our tree lot where I will assist customers by walking them around our lot to help pick out their tree. I will also help maintain the cleanliness and order of the lot. This will mean I will be on my feet for 12 hours per day but that will include plenty of walking, bending, lifting and of course, many smiles and laughter, which we all know is great for our health.
- My co-workers and I are keeping each other accountable with our fitness/nutrition goals; we motivate each other to workout (even with the gloomy weather) and eat as many fruits and vegetables as possible. During the holiday season this extra support will detour us from unhealthy choices.

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.