



# Wellness & Safety @ Work

CLACKAMAS COUNTY

February/March 2015

## Flashing Yellow Arrows: Balancing Safety and Operations

By Jason Morrill (DES) / Joe Marek (DTD-Engineering)



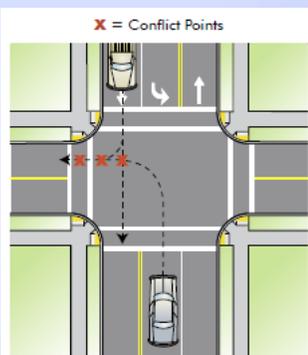
Personally, I absolutely love those new flashing yellow arrows (FYAs). They allow me to make a left turn when I see that it is safe to do so versus waiting for the light to turn green. Not everyone feels the same way I do though, and I can't say that I blame them. I think the issue comes from being accustomed to protected signalized movements and a lack of educational outreach with respect to how to safely proceed when faced with a FYA.

Civil engineering supervisor, Joe Marek, notes that "Jurisdictions use Oregon Department of Transportation guidelines for evaluating signalized intersections to see if conversion from protected movements to protected/permissive movements (FYA) will be safe and operate adequately. When the criteria is satisfied an agency has the option to convert the intersection to include the FYA phasing for turn movements."

That being said, there is certainly a learning curve. Have you ever witnessed a situation like this at a FYA:

- The person turning left pulls right in front of oncoming traffic causing an accident or a close-call?
- The person turning left gets stuck in the intersection waiting to turn left as their light turns red?
- The person turning left hits or nearly hits a pedestrian that is crossing in the crosswalk?

These are preventable occurrences with some basic education about the driving rules associated with FYAs. Here are some of the basics you need to know:



- When you have a left turn FYA, the oncoming traffic has a green light. You must yield to oncoming traffic, and wait for a large enough of a gap to "slowly" and "cautiously" proceed with your turn. Do not rush your turn, as you may find yourself in danger of hitting something you hadn't seen while watching for oncoming vehicles.

## Inside this issue:

FLASHING YELLOW ARROWS	1
FLASHING ARROWS, BABY DENTAL DAYS	2
UPCOMING EVENTS, RETIREMENT, QUIZ BOX	3
RITTER'S RA ALLSTARS - JINGLEBELL RUN/WALK	4-5
DID YOU KNOW?, RETIREMENT	6
I THINK ERGO, THEREFORE I STAND	7-8
JOIN THE CLACKAMAS COUNTY CARDIOS	9
NEW FLU POEM, DISCOUNTS	10
WELLNESS LIBRARY, ADS	11
WHERE TO WALK: HILLENDALE PARK	12
STOP COLDS FROM SPREADING	13
9 ROUND-OREGON CITY, 2014 SAFETY SUMMARY	14
WANT TO QUIT?, OREGON TRAIL	15
EARNING OUR EGG NOG	16
EARNING OUR EGG NOG, BIGGEST LOSER 5K	17
WELLNESS RESOURCES, WELLNESS/SAFETY TEAM	18

Continued on Page 2...

## Flashing Yellow Arrows, Continued...

- You must also yield to bicyclists and pedestrians. It is easy to become so wrapped up with looking for a gap in traffic that you fail to notice other commuters that are in the path of your turn.
- You must wait **behind** the stop bar/crosswalk while waiting for a gap in traffic. If you are waiting in the intersection, then you may be cited for obstructing cross traffic (ORS 811.290).
- When your arrow switches from flashing to solid yellow, it is time to stop and wait until the next round. A solid yellow traffic light (arrow or not) does not mean “go really, really fast” to beat the red light. It means that you need to stop if it is safe to do so. This is why you hear stories about people getting tickets even though their light hadn’t yet turned red.

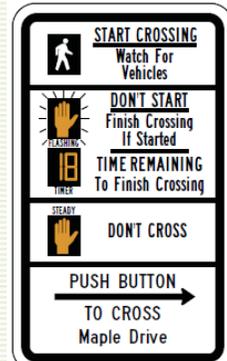
My hope is that we can all enjoy a little choice in our travels while using good judgment and keeping all of us safe. If you travel through an intersection and you believe that the movement is unsafe, contact the agency responsible for designing the intersection. If it’s in Clackamas County, you can contact Joseph Marek in the Traffic Engineering Section. Be well and be safe.

### Sources:

Oregon Driver Manual: <http://www.odot.state.or.us/forms/dmv/37.pdf>  
Flashing Yellow Arrows, Washington County: <http://www.co.washington.or.us/LUT/TrafficSafety/DrivingSafety/flashing-yellow-arrows.cfm>

### Pedestrian Signals at Crosswalks:

Did you know that as a pedestrian you may only legally **start** crossing a crosswalk with a pedestrian signal if the white “walk” / “walking person” sign is on? If the signal displays a flashing or solid “don’t walk” / “raised hand” orange light, then you are not permitted to **begin** crossing the intersection.



## Clackamas County employees serve our very youngest citizens!

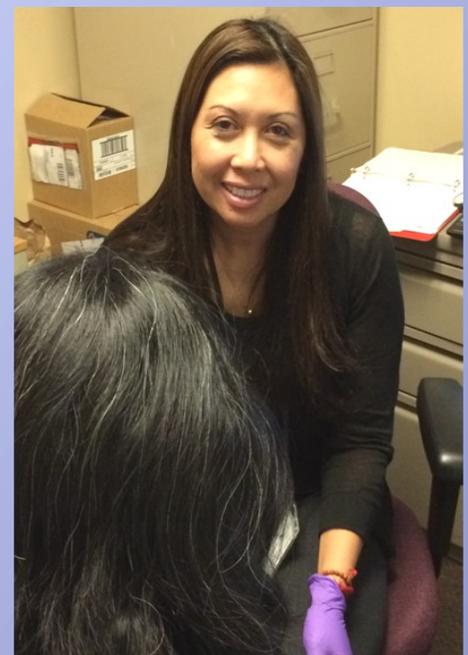
### “Baby Dental Days” now in WIC From our dental clinic and WIC employees

Dana Kishpaugh, Nutrition Assistant explains, “Children with poor oral health are nearly three times more likely than other children to miss school. The Women, Infants, and Children (WIC) Program offers Baby Dental Days, where babies as young as 6 months get their first visit from our own Beaver Creek Dental Dr. Cook. We also help them access dental care for the entire family by connecting them with our dental access coordinator.”

Dr. Kathy Cook, DDS, our Dental Director emphasizes, “Starting dental care early is important because early prevention and intervention is the key to maintain not only good oral health but also the well being of the whole body.”

These screenings are part of our Nutrition Fair each month. Baby Days includes a basic oral health screening, fluoride varnish, education, and referral for children 0-5 years that do not have a dentist. Having this service at WIC makes it easy for families to access the service and the kids receive services in a fun and safe room with their parents there. Dental screenings are provided at all Clackamas WIC locations including Oregon City, Happy Valley, Milwaukie (Wichita), Canby and Sandy.

For more information about Baby Dental Days or WIC program services, please see <http://www.clackamas.us/publichealth/wic.html>



Dr. Cook, Dental Director

# Wellness & Safety @ Work

## Upcoming Events

- **Benefits After Retirement.** Wednesday, February 25, 2015 Noon-12:55pm and 1:05pm-2pm. PSB-369B. Please register for one of the workshops by emailing Suzy Falk at [SFalk@clackamas.us](mailto:SFalk@clackamas.us). See details below.
- **Sleep Seminar** with a specialist from the Kaiser Sleep Center. Tuesday March 17, 2015. Sessions at Noon and 1 pm. PSB-369. Substantial snacks served. Please register with [sfalk@clackamas.us](mailto:sfalk@clackamas.us)
- **Rolling out the Kinks – How to Use Foam Rollers.** Justin LaPointe, trainer and owner of Better Body Fitness NW teaches us how to use our foam rollers. Monday April 6, 2015, PSB-369. Sessions at Noon and 1 pm. Bring your yoga mat or a long towel and wear clothes you can roll in. Please bring a foam roller if you have one. Registration is required: [sfalk@clackamas.us](mailto:sfalk@clackamas.us). Let Suzy know if you can bring your own roller so we can plan quantities. There will be a waiver to sign.
- Caregiver Dinner Seminar on Shedding Stress. Thursday April 16, 2015, 6 – 7 pm. PSB 369. Register with Jennifer Jungenberg, Family Caregiver Support Coordinator. [JJungenberg@clackamas.us](mailto:JJungenberg@clackamas.us) or 503-650-5724. Dinner included.
- **The Fair:** “Be Safe Be Well.” Wednesday April 29, 2015. 10 am – 4 pm. DSB 1<sup>st</sup> floor conference rooms. Employees shall be allowed 1 hour to attend the fair and must schedule the time with their supervisor.
- **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>

## Clackamas County Benefits After Retirement...

Are you less than two years away from retiring or do you want to hear more about what options you may face upon retirement from the County? Join us for information about retirement eligibility, health insurance benefits, converting life insurance, long term care, or other voluntary benefits, and other resources available when planning your retirement.

Workshops are offered by Employee Services on Wednesday, February 25<sup>th</sup> from 12-12:55pm and from 1:05pm-2pm in the Public Services Building room 369B. Please register by emailing or calling Suzy Falk at [SFalk@clackamas.us](mailto:SFalk@clackamas.us) or 503-742-5473, and let her know which session you would like to attend.

*Please note: If you are not able to attend due to location or time, please contact Nina Smith at 503-742-5472 or [nsmith2@clackamas.us](mailto:nsmith2@clackamas.us) to arrange a one-on-one appointment or a small group meeting at another time/location.*

## Quiz Box

**The Winter quiz box winners are... Elizabeth Leighton & Valerie Skinner!**

Because of the holiday baking, candle burning and Christmas light mode (all known for starting house fires) during the holidays, the Winter’s quiz box question was “What does the acronym **PASS** stand for when using a fire extinguisher?”

We had many correct responses. Elizabeth & Valerie were randomly drawn from the entries. They each won a fire extinguisher courtesy of the DTD parts room.

### February/March’s quiz box question

In the Winter issue, there was an article regarding the importance of getting enough sleep titled “the connection between stress and sleep” ([Winter Newsletter](#)). On March 17th, we will also be visited by a sleep specialist from the Kaiser Sleep Center to run a couple Lunch N’ Learn sessions for employees (See details above in upcoming events). In light of this important subject, Wellness is asking the question: “Approximately how many hours of sleep do you get on worknights?” Answer for a chance to win a \$20 REI gift card.

**Send your response to:** [jmorrill@clackamas.us](mailto:jmorrill@clackamas.us) by February 24th.

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

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



# Wellness & Safety @ Work

## Ritter's RA All-Stars center stage at Jingle Bell Run

Reprinted with permission from the Molalla Pioneer, Dec 9, 2014 Written by Jim Beseda

Molalla's Jason Ritter helps raise money for the Arthritis Foundation in hopes for finding a cure for wife Brandy's affliction.

Of all the road runs that Jason Ritter of Molalla enters, the annual Jingle Bell Run/Walk For Arthritis in downtown Portland is his favorite.

That's because Brandy Ritter, his wife, suffers with rheumatoid arthritis, so the annual holiday 5K fun run and walk dedicated to finding a cure for one of the nation's most debilitating diseases has become a regular stop on the Ritter family calendar.

Sunday morning's event not only marked the fifth consecutive year in which Jason Ritter's team — Ritter's RA All-Stars — has helped raise money for the Arthritis Foundation, but Brandy Ritter also was named an honoree and served as the official starter as thousands of runners and walkers descended on Naito Parkway shortly before 9 a.m.

The All-Stars fell short in their bid to bring home a team award in the event's "Ugly Sweater Contest," but the team was recognized as this year's largest team with 70 members and as the year's leader in fundraising with more than \$7,600 in donations.



Photo Credit: JIM BESEDA/MOLALLA PIONEER - The Ritter family of Molalla -- Jason, Riley, Brandy and Owen -- and their supporters helped to raise more than \$7,900 as part of Sunday's Jingle Bell Run/Walk For Arthritis in downtown Portland.

Continued on page 5...



Jason Ritter



Donna Patlan, Stacie Martinez, Ofelia McMenamy, Kari Goudge

### Ritter's RA All-Stars center stage at Jingle Bell Run, Continued...

Reprinted with permission from the Molalla Pioneer, Dec 9, 2014 Written by Jim Beseda

"This was amazing," said Jason Ritter, 38, a sergeant with the Clackamas County Sheriff's Office. "I didn't think we'd have this much support. Everybody did such a wonderful job fundraising and getting together. It wasn't just me — it was all of the team members combined that came through."

Ritter said his team's previous high for donations was about \$600, but the group gained in enthusiasm and supporters after race officials announced that Brandy would be an honoree for this year's event.

Members of the All-Stars' team included 40 Clackamas County employees and family members, neighbors of the Ritters' in Big Meadow, or have ties to Molalla's Cutting Edge Fitness health club.

"People started coming out of the woodwork," Jason Ritter said. "Social media, you've got to love it. I posted on our Facebook page and people we know from all over the country have donated."

Approximately 350 million people worldwide have arthritis. An estimated 40 million in the U.S. are affected, including over a quarter million children.



Donna Patlan, Stacie Martinez, Ofelia McMenamy, Kari Goudge



Brandy Ritter

Brandy Ritter, 35, who also works as a supervisor in the Clackamas County 911 dispatch center, said the first time she noticed some unusual swelling in her wrist and hands was in 2001 while living in Nebraska.

At first, doctors suspected scleroderma, a chronic systemic autoimmune disease this is characterized by hardening and tightening of the skin. It wasn't until the couple moved to Oregon in 2003 and Brandy Ritter started seeing a rheumatologist that she was diagnosed with rheumatoid arthritis. "It's manageable, but it also depends on the day," said Brandy, who treats her ailment with methotrexate and Remicade. "Some days are worse than others and some days I'm good to go. Then there are other days when it's a little rough just doing daily routine stuff. "The medications help ... at least, for right now."

Jason Ritter was among the first wave of runners to start Sunday's race and he finished in 92nd overall in a time of 25 minutes, 51 seconds.

The walkers were the last group to start and included Brandy Ritter, who walked with her two sons, 6-year-old Owen and 3-year-old Riley.

"Brandy is truly an inspiration," Jason Ritter said. "For her to walk the course ... there are days when she can't even walk up our stairs at home, so she is just an amazing woman.

"Really for us, the Jingle Bell Run is a chance to maybe one day assist with helping to find a cure for arthritis. The more money we can raise, the more likely that becomes a reality."

# Wellness & Safety @ Work

## Did You Know...About Your Dental Benefits? By Nina Smith

I can't think of a lot of people who enjoy going to the dentist...but at the same time, I can't imagine a world without dental care.

**Did you know** that the tooth enamel of a human is the strongest part of the body? It is harder than even the bones!



**Did you know** that all of the Moda/ODS dental plans for General County employees have a \$2,000 plan year maximum for each family member (aside from orthodontia)? And Peace Officer Association employees have a Moda/ODS dental plan maximum of \$1,500 per plan year (aside from orthodontia)? The plan year maximum for dental insurance means the *maximum the plan will pay each year*. The Kaiser dental plans for both groups do *not* have a maximum.

Or **did you know** that on the Moda/ODS Incentive plans; every family member has their own incentive to go in at least once to the dentist each year? The plan is named mainly because of the "incentive" of more coverage, up to 100%, for each consecutive year that a member goes in to see the dentist.

**Did you know** members should always make sure the Kaiser or Moda/ODS dentist is in-network to ensure maximum coverage? Kaiser won't provide any coverage outside of a network while going to a covered dentist in the Moda/ODS plan will ensure maximum insurance coverage.

Finally, **did you know** that 100 million Americans will not go to the dentist this year- even once? According to the American Dental Association, going to the dentist just once per year can prevent most dental disease. This fact makes me realize that even I can overcome the fear of the dentist for routine treatment if it prevents them from using the heavy duty dental tools on me in the future!



An apple a day keeps the dentist away...but routine appointments and apples help long-term dental health.



## 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](mailto:nsmith2@clackamas.us).*

Sue Lancaster (DTD Building Services, Retired 2013) and husband, Darrel Gilmore. They went on a twenty-six day trip to Bryce Canon and also saw Yosemite, Zion Canyon, Lake Powell and family in San Francisco and Prescott Valley.

# Wellness & Safety @ Work

## I think Ergo, Therefore I Stand: Part I - Intro By Trish Bafus, Risk Management

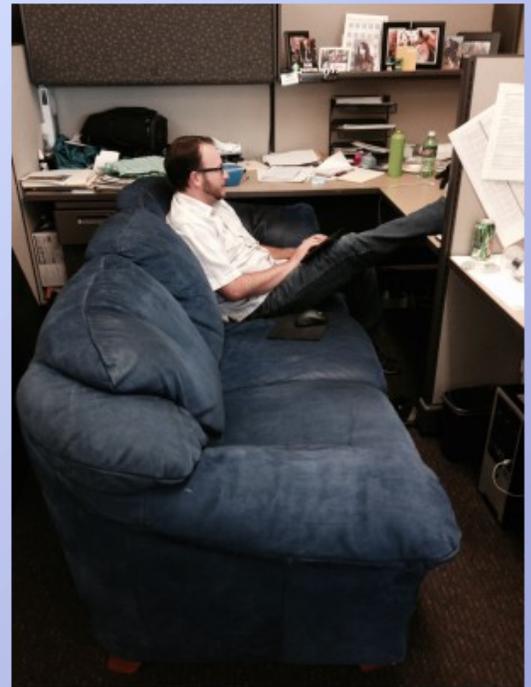


Here we are kicking off a new year, which provides us an opportunity to focus on new and exciting trends. So, the *Wellness & Safety Team* decided 2015 would be a good time to share information and educate employees on various topics surrounding sit/stand stations. If you recall, several newsletters last year covered ergonomic tips around chair adjustments, keyboards, ergo trays, mouses, monitors, document holders and several other accessories to make our work areas more user friendly. This year we will be providing examples of how you might be able to transform your workstation to one that encourages more standing.

Every week, Jeremy Tovey and I walk into office environments and observe workers slouching in their chairs and leaning over keyboards with hunched shoulders. Some are straining their necks to view too-high computer monitors and others are awkwardly twisting their bodies to grab their phones or read documents. These ergonomic experts see recipes for pain.



This is real - although thankfully not one of our employees.



This was a joke played on Risk by Tourism. Got to enjoy their sense of humor.

There are all kinds of ways that people, without realizing it, are doing things to injure themselves at work. Every year, about 1 million people strain their necks, hurt their backs or sprain their wrists so badly they need serious medical attention and can't return to work for days, according to the US Bureau of Labor Statistics. That lost work time and the medical costs related to treating a workplace injury can add up.

Further, new research shows that the amount of time people spend sitting is causing injury to their health. Adults who sit for more than four hours a day, compared with those who sit for just two hours a day, have a 50 percent increased risk of death from any cause and a 125 percent increased risk of a health problem related to cardiovascular disease. (the Mayo Clinic - August 2014)

Continued on page 8...

# Wellness & Safety @ Work

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

Please be aware, not all our daily sitting is done at work in front of a computer. Many of us sit while driving, watching TV, eating with our family and/or participating in other activities. Also, not all injuries mentioned previously require time off and not all workplace injuries are due to sitting in front of a computer. Workplace injuries can occur in a multitude of ways. The *Wellness & Safety Team* felt this needed to be reiterated to not present a false impression.



Sitting at Work



Commuting



Leisure Time



Watching TV



Eating

Do I still have your attention? Again, this is just a kick-off article to get you thinking about ergonomics, and hopefully get you excited about what you'll learn in our next issue. Who knows, maybe you'll find a way to adjust your workstation so it feels more comfortable, or find alternative options to get more standing and movement into your day.

In the meantime, here are a few Ergonomic DO's and DON'Ts:



"Suspending your keyboard from the ceiling forces you to sit up straight, thus reducing fatigue."

- Get a chair and desk layout for your body type.
- While sitting, your back should be supported by the chair and feet flat on the floor.
- When typing, shoulders should be relaxed and elbows close to the body and supported.
- Wrists and hands should be in line with forearms.

- Align the computer screen so your eyes hit the top portion of the monitor.
- Don't sit on the edge of a chair. (Your back gets NO lumbar support that way.)
- Don't lean forward to type or see your computer screen.



- Don't hunch your shoulders.
- Don't let your feet dangle.
- Get up every half hour to move and stretch
- Consider a sit/stand desk to encourage movement.



# Wellness & Safety @ Work

## Join the Clackamas County Cardios – our Heart & Stroke Walk Team

By Tamra Dickinson

We hope you will join us for a great 5K walk for your heart on Saturday May 16, 2015: <http://portlandheartwalk.kintera.org/clackamas>

There's an early turnaround, so if your heart or body isn't ready yet for a 5K, you can bite off a smaller chunk, and still enjoy the morning's fair and festivities.

Board Chair John Ludlow is our sponsor this year. John encourages us all to invest in our health and our hearts every day. That means practicing our 4 core areas of wellness: eating nourishing food, building resilience, connecting with our care providers, and moving our bodies. Would you join the team? It's free.

### Here's the info:

**Date/Time:** Saturday, May 16, 2015. Time TBA- in the morning

**Location:** Portland International Raceway

**How to sign up on our team:** <http://portlandheartwalk.kintera.org/clackamas> Team Name is Clackamas County Cardios. Team Captain is Tamra Dickinson. Call or e-mail with questions: 503.742.5486 or [tamradic@clackamas.us](mailto: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. It's also an option to 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.



Chair Ludlow cares for his heart with a green Popeye smoothie at Walk Connect last year, made by the Green Corps Fresh Start entrepreneurs from Juvenile.



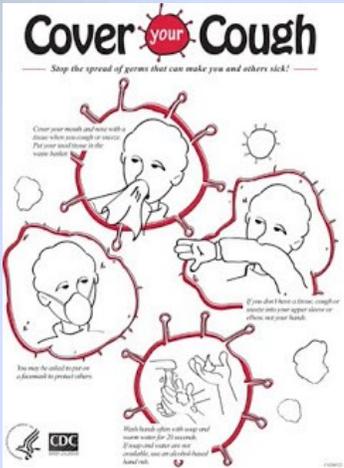
Half of the Heart Walkers last year



Kayla Christian (Facilities) gets a heart!

# Wellness & Safety @ Work

## The New Flu Poem by Jason Morrill



It all can begin with a headache or cough,  
And keeps dragging you down until you've had quite enough.  
Prevention with nutrition and sleep may do the trick,  
But that's too late now that you've found yourself sick.  
But do not fret for there are things you can do,  
To keep others around you safe from the flu.  
Coughing and sneezing into your sleeve,  
Will provide others with a needed ounce of reprieve.  
Washing your hands often will do wonders it's said,  
As well as avoiding work to stay snuggled in bed.  
Taking care of yourself in a number of ways,  
Will ensure you are healthy in just a few days.



## Discounts for Public Employees By Tamra Dickinson, Wellness Coordinator

When shopping for things like cell phones or at businesses where you know others receive discounts, it can make sense to ask, "Do you have discounts?" Many companies have discounts for public employees in particular, that have been reviewed with the state ethics board to make sure we are not receiving a special privilege not available to others.

In the past, the Wellness Program was a clearinghouse for a variety of discounts. After values clarification about our mission, we have decided to no longer publicize product discounts. We still support service discounts, directly in line with our keys of nourishing food, exercise, resilience, and connecting with care providers, such as the gym discount program.

Here's our list of gyms offering discounts: <http://www.clackamas.us/wellness/gym.html>

Our health plans also help with discounts that encourage active living and shedding stress. If you haven't yet checked out the array of fun activities available, here are the links:

- Kaiser members: [CHP Active and Healthy](#)
- Providence members: [LifeBalance](#)



Leo Adventures is a company that provides discounts for public service employees (federal, state and local). Cost is \$19.99 per year. Most of the products are outdoor oriented. A colleague said, "I mainly use it because they have Brooks products; my running shoes that normally run \$100 are discounted to \$60."

[www.leoadventures.com](http://www.leoadventures.com)

# Wellness & Safety @ Work

## The Wellness Library has moved – PSB Lunchroom: Let us know if your office building would like Wellness resources

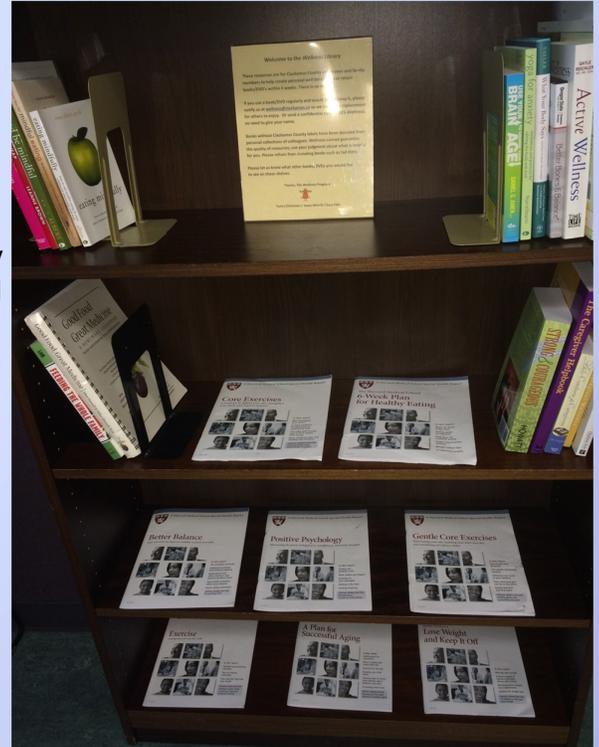
By Tamra Dickinson, Wellness/EAP Coordinator

Did you know there is a library for Wellness materials? Did you ever sign a book out from DES? If your answer is no, you are have lots of company. Mostly, our books stayed on the shelf.

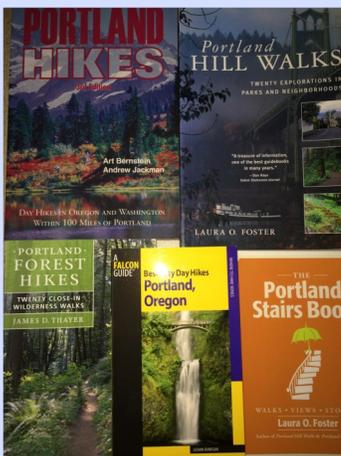
Now, we've moved the books to the PSB lunchroom. THERE IS NO SIGN OUT. Just take the book or DVD, enjoy it, and return it, ideally within four weeks. For people who find the book so valuable and useful that you refer to it regularly and you just can't part with it, it's okay hold on to it. Just send us an e-mail at [wellness@clackamas.us](mailto: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.

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.

Although we didn't intend to experiment first on DES, we were pleased to see that as soon as the books came out of the library and into cubeland for their labels, many books got borrowed. Then, when we moved books to the lunchroom, 10 more were borrowed. Happy reading and viewing! Please send me requests: [tamradic@clackamas.us](mailto:tamradic@clackamas.us)



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



We've found our hiking books are popular, and not on the shelves for long. So we bought some more. They are going on the shelves next week, so e-mail me now if you want to borrow them first:

- Best Easy Day Hikes, Portland, Oregon
- Portland Hikes 3rd edition
- Portland Hill Walks
- Portland Forest Hikes
- The Portland Stairs Book

Does this feel a little Portland centric? Try our own employee generated hike list: <http://www.clackamas.us/wellness/walking.html#Where>

## Wellness & Safety Classified Ads

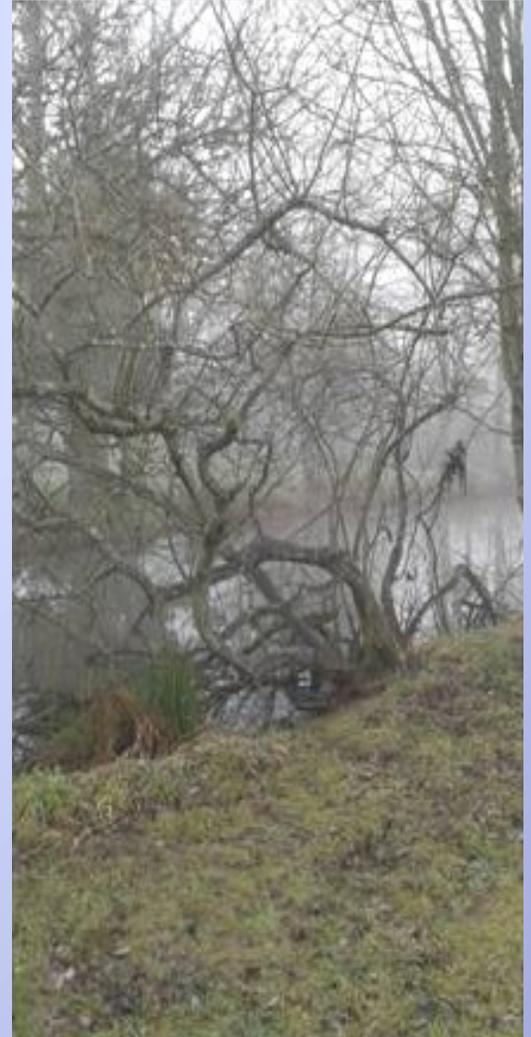
**Place an ad:** Are you looking for a location to place a wellness or safety related advertisement? Introducing the Wellness & Safety Classified Ads. To place your announcement in the classified ads section of the newsletter, please contact Jason Morrill ([jmorrill@clackamas.us](mailto:jmorrill@clackamas.us))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

# Wellness & Safety @ Work

## Where to Walk: Hillendale Park By Carol Hopkins, Records Management

My favorite place to walk on my break is Hillendale Park behind the Silver Oaks Building where I work at Records Management. It's perfect for a 15 minute break.

Here's a link to information about the park: <http://www.orcity.org/parksandrecreation/hillendale-park>



### 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](mailto:jmorrill@clackamas.us).

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



## Ways To Stop Colds From Spreading In Your Family By Larry Lancaster

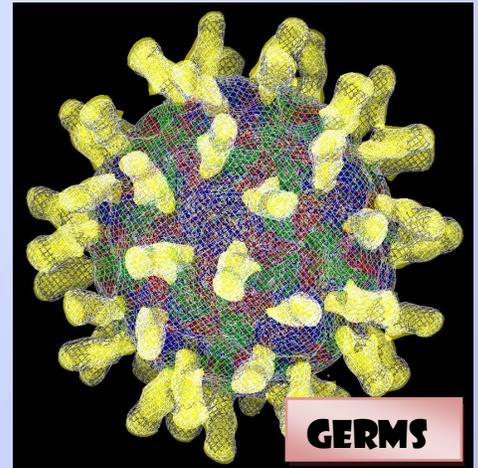
When you've got a family, even a run-of-the-mill cold can be a lot of trouble. As it spreads from one person to the next in your family, that one crummy cold virus can disrupt your lives for weeks -- causing missed school, missed work, sleepless nights, and frayed tempers.

So when your child -- or your spouse -- comes home sniffing and coughing, how can you stop those cold germs from dragging the whole household down? Don't panic -- here are five tips that can help stop a cold from spreading.

### Cold Prevention Tip 1: Wash Your Hands

You've heard it many times before, but washing your hands is the single most important way to stop the spread of colds. According to the CDC, about 80% of infectious diseases are spread by touch -- the cold germs get on the hands and from there into the eyes and mouth. Look at it this way: you can't keep cold germs out of your house. But if you keep everybody's hands clean, they'll be much less likely to get sick.

When you wash your hands, do it thoroughly. Use soap and water and scrub for a minimum of 20 seconds. When you're not near a sink, a hand sanitizer that's at least 60% alcohol is a good substitute.



### Cold Prevention Tip 2: Cover Your Nose and Mouth

Most of us were raised to cover our mouths and noses with our hands when we sneezed or coughed. Instead, use the crook of your elbow -- or a tissue. That way, the cold germs won't get onto your hands and spread.

### Cold Prevention Tip 3: Disinfect

Cold germs can live on surfaces for hours. Consider disinfecting areas like tabletops, doorknobs, remote controls, and toys. Use a disinfecting spray or wipe. Or make your own by mixing 1/4 cup bleach with 1 gallon of warm water. Don't make yourself crazy wiping down everything your sick preschooler touches -- there's no way to keep a household sterile.

### Cold Prevention Tip 4: Go Disposable

Colds can be spread by shared towels and cups in the bathroom. When someone in the house is sick, consider switching to paper products for a week.

### Cold Prevention Tip 5: Take Care of Yourself

Can eating healthy foods, getting enough sleep, and reducing stress help prevent colds? We don't really know. There is some evidence that they might help keep your immune system strong -- and potentially more capable of fighting off a cold virus.

### Remember: Colds Are Hard to Stop

Practicing these tips can help break the cycle of infection. But you still need to know your limits. Colds can be hard to stop. By the time your kid starts coughing, it might already be too late -- people can be contagious before they show any symptoms.

*If your best attempts to prevent a cold from spreading fail, don't feel like you did anything wrong! Short of keeping a sick family member in quarantine -- or everyone else in biohazard suits -- there's just no surefire way to stop the common cold.*

# Wellness & Safety @ Work

## 9 Round—Oregon City

by Tamra Dickinson Wellness/EAP Coordinator



I visited 9 Round – Oregon City for a trial session to see what it was all about. Allison, pictured, provided guidance for each of my stations. I did 9 rounds in 30 minutes, worked up a sweat, wore pink boxing gloves, and had fun! The next day I was a good sore. The clientele was diverse, age 13 with parents to age 70+, male and female, fit and working to be fit.

Gyms offer so many things, from the quick and simple to full pool, child care, and extras like massage. Research our gym discount list to see what fits you: <http://www.clackamas.us/wellness/gym.html>

## 2014 Safety Submission Summary

Keep them coming! ([Safety Incentive Recognition Form](#))

We are thrilled with the level of participation in the Safety Incentive Program and we can always improve. Please keep your submissions coming in and encourage those around you to participate. Not only can you win gift card prizes, but you supply the Risk Management team with valuable information about the impact of our efforts and areas for improvement.

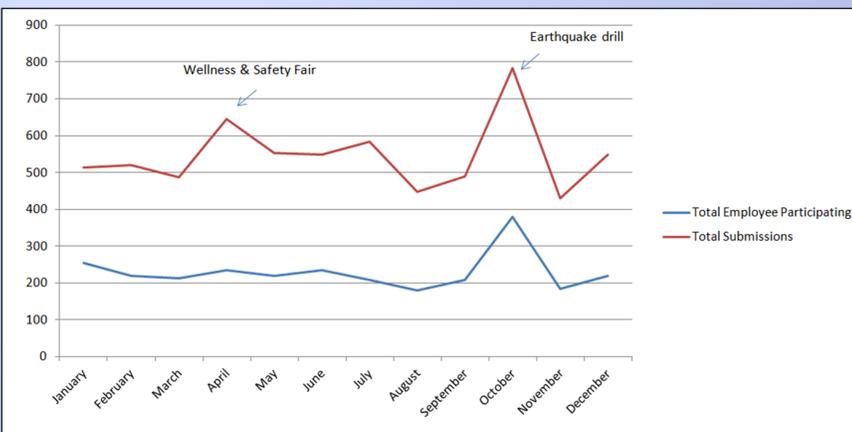
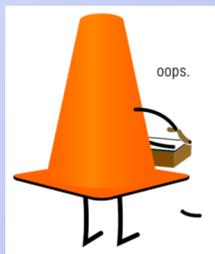
See the full year numbers along the right side of the page and in the graph below. Thank you for a great year of safety!

### November and December:

November: 37 winners      December: 44 winners

### Top 3 observations over the two months:

- ❶ Backing/pulling through parking spot (140),
- ❷ Taking Stairs vs Elevator (116),
- ❸ Stretching (101)



25	CPR/AED/First Aid	Training
3	Bloodborne Pathogens (BBP) Initial	
1	BBP Refresher	
29	Fire Extinguisher (initial or refresher)	
13	Safety Committee	
3	Contribute article to Wellness & Safety	Wellness
299	Other (safety related/dept specific)	
683	Stretching	
630	Taking stairs v.s. elevator	
475	Exercise during breaks	
141	Participate in Wellness classes (yoga, pilates, etc..)	Observed Safe Actions
36	Attend Lunch'n Learn	
86	Walk/Bike to work	
10	Completion of Oregon Trail Pedometer Program	
133	Preventive Care ( massage, medical checkups, etc..)	
80	Other (document with safety committee)	Safety Committees
452	Wearing proper PPE	
304	Using cart or dolly for heavy loads	
141	Other (document with safety committee)	
416	Monthly/Quarterly recognition as member	
80	Monthly/Quarterly recognition as Chairperson	Document Unsafe Acts/Conditions
46	Committee Incentive Coordinator	
39	Monthly/Quarterly Scribe	
0	Formal Root Cause Analysis	
61	Quarterly Inspection Participation	
65	Submit safety suggestion to committee	Vehicles
4	Submit Incident/Accident report for Close Call/Near Miss	
49	Texting on cell phone while walking up/down stairs	
50	Texting or on cell phone while driving	
17	Lack of PPE	
140	Other (document with safety committee)	Vehicles
226	Complete Pre-Trip Inspection (observed)	
804	Backing into or pull through to a parking spot	
11	Complete Defensive Driver Training Course	
6	Complete Passenger Van Training	
4	Complete any Alert Driving online course	Vehicles
12	Other (document with safety committee)	

# Wellness & Safety @ Work

## Want to quit? You CAN quit! Here's how...

(Compiled with resources from Tobacco Prevention & Education Program and Benefits)

Use **nicotine replacement therapy** such as the patch, gum and lozenge to ease the physical withdrawal to nicotine.

**Develop strategies** to resist temptations and handle stress without relying on tobacco.

**Get support!** Quitting isn't easy and you don't have to do it alone. Connect with a 'quit coach', others who are quitting, and friends / family to help you stay tobacco-free.

It's never too late to quit smoking and the benefits start within minutes of your last cigarette.

### 20 minutes after quitting:

- Blood pressure decreases

### 8 hours:

- Oxygen level in blood increases to normal

### 24 hours:

- Chance of a heart attack decreases

### 48 hours:

- Ability to smell and taste improves

### Between 2 weeks and 3 months:

- Walking becomes easier

### Between 1 to 9 months:

- Coughing, sinus congestion and fatigue decreases

### 5 years smoke-free:

- Risk of stroke is reduced to that of people who have never smoked.

### 10 years smoke-free:

- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases



Kaiser, Providence and the Oregon Tobacco Quit Line can help you access free in-person classes, telephone coaching and online support. They can also connect you with over the counter and prescription medication. For coverage related information, please reference our online resources at: <http://www.clackamas.us/wellness/medical.html#Tobacco>

Counseling in combination with medication has proven to be effective in helping life-time tobacco users break free from tobacco. Take advantage of your resources, contact:

#### Kaiser

503-286-6816 or

1-866-301-3866 option 2

[www.kp.org/quitsmoking](http://www.kp.org/quitsmoking)

#### Providence

503-574-6595 or

1-800-562-8964

[www.providencehealthplan.com/quitsmoking](http://www.providencehealthplan.com/quitsmoking)

#### Oregon Tobacco Quit Line

1-800-QUIT-NOW

(1-800-784-8669)

[www.quitnow.net/oregon](http://www.quitnow.net/oregon)

## 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: Elias Zamora with the Health Centers division of H3S and his wife, Jennifer. Please join us in congratulating Elias and Jennifer 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

## Earning our Egg Nog By Eben Polk

This December 14, more than 2900 people got up before dark so they could run or walk 13.1 miles dressed as elves. Well, not everyone was in full holiday gear, but the Holiday Half Marathon earns its name. Over the sound of one's breath one could hear the sound of jingle bells on runners, and carolers—in tune and out—singing for runners. Santa hats, antlers, red and green stockings, and tinsel bobbed up and down along the North Portland route. Our little team of County employees lucked out: we had sunshine, a light breeze, and temps in the 40s.

Participating was: Geoff Baur (Community Corrections), Danielle Couch (Transportation and Development), Sarah Stegmuller Eckman (Emergency Management), Cory Johnson (Facilities), Eben Polk (Transportation and Development), Mark Spross (CCOM), Sara Zachary (Weatherization), alongside some friends and family members. Undoubtedly a few other County employees were also out there, unbeknownst to us.

Continued on page 17...



L to R: Cory Johnson, Mark Spross, Sarah Stegmuller Eckman, Eben Polk.



L to R Nicole Layng, Sarah, friend Tiah, and Kelly Layng.



Danielle Couch at the finish, 3rd from left.

# Wellness & Safety @ Work

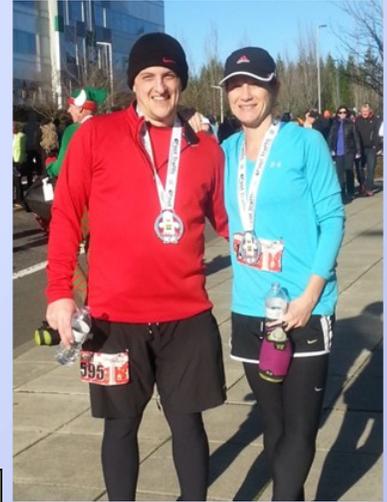
## Earning our Egg Nog, Continued By Eben Polk

It's the kind of event that people enjoy across a wide spectrum of abilities. At one point I found myself running alongside two gentlemen in their 50s. One of them told the other that in the month he turned 50, he ran a half-marathon, a 50K, and a full marathon. Cory Johnson (Facilities) is registered for the next Boston Marathon (go Cory!) and ran this race for the training. On the other hand, a lot of people, yours truly among them, were running the farthest they ever had at one go. I would encourage everyone to consider this event—whether you do it just to enjoy life, want an excuse to do something healthy, or even push yourself to go faster or farther. Unless you don't like the idea of being cheered along by carolers.

It was a perfect day to try something new—but then, isn't pretty much every day?

"My first ½ marathon was a great experience and hope to run in the 2015 Portland Rock & Roll ½ Marathon" – Geoff Baur

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



Geoff and Amy Baur at the finish.

## The Biggest Loser, October 12, 2014 Colette Stiff, Coordinator

It was a great trip with coworkers and beautiful scenery. Doing these 5k's has been a very rewarding experience. Bonding with co-workers, getting exercise, and self reflection. (Shannon Boyette) was Shannon Billings

It was an exciting adventure with friends/co-workers. I was able to meet a previous Biggest Loser contestant which encouraged me to continue with my health goals. (Colette Stiff)

It was a great course with a lot of folks encouraging each other along the way, which I really appreciate. I surprised myself and ranked 5th in my age group, a great sense of accomplishment. (Mandi Oropeza)



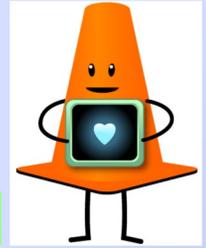
Mandi Oropeza, Colette Stiff, Shannon Boyette



Colette Stiff, Mandi Oropeza, Shannon Boyette

# Wellness, energy for life

CLACKAMAS COUNTY



**Wellness Resources:** (Visit our Wellness Website at [www.clackamas.us/wellness](http://www.clackamas.us/wellness))

**Personal Best Newsletter:** Your Wellness & Safety Team provides a monthly newsletter for employees through [Personal Best Healthlines](#) with a wide array of articles focusing on different aspects of your safety and wellness.

**Discounts on Fun & Fitness from our Health Plans:**

- Employees, retirees and eligible dependents enrolled in [Providence health plans](#) are also members of [LifeBalance](#). Members receive reduced fees and prices, free trial memberships and a myriad of other benefits from local fitness clubs, yoga & 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](mailto:tamradic@clackamas.us).

**Jeremy Tovey** is a Clackamas County Risk and Loss Control Analyst. 503-742-5475 or [jtovey@clackamas.us](mailto:jtovey@clackamas.us).

**Trish Bafus** is a Clackamas County Risk and Loss Control Analyst. 503-742-5482 or [trishabaf@clackamas.us](mailto:trishabaf@clackamas.us).

**Jason Morrill** is the Clackamas County Wellness and Safety Program Specialist. 503-655-8354 or [jmorrill@clackamas.us](mailto:jmorrill@clackamas.us).

**Larry Lancaster** is the Clackamas County Risk and Loss Control Analyst for WES. 503-742-4618 or [llancaster@clackamas.us](mailto:llancaster@clackamas.us).