



Wellness & Safety @ Work

CLACKAMAS COUNTY



June/July 2015

How Design Helps Safe Crossing

Push button use on the pedestrian light on Kaen Road,
Data compiled by Bikram Raghubansh, Traffic Engineer

Did you notice? The crosswalk flashing light is closer and easier to activate!

See page 2 for before and after counts for the number of push buttons hits on the flashing light at the PSB to employee parking crosswalk. Comparing the before and after data, there is an increase in use now that the button has been moved closer to the crosswalk. As you can see from the numbers below, the number of ped actuation has increased from a low single digit percentage (2%) to 15-21% range, an improvement. These numbers looks even better when compared to push button actuation when facing conflicting traffic. Pedestrians are now more likely to hit the easily accessible push buttons (66%-90%) when facing traffic on Kaen Road.



Remember the crosswalk! (PSB Parking Lot)



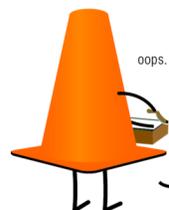
Keep Your Safety Submissions Coming

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

April 2015: 30 winners

Top 3 observations:

- ❶ Backing/pulling through parking spot (86),
- ❷ Exercising During Breaks (55),
- ❸ Stretching (51)



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Wellness & Safety @ Work

WALK! Connect! on June 24, 2015 By Tamra Dickinson

We are walking the Red Soils One Mile Loop and eating a great lunch on Wed June 24th. (Shorter options available if your body can't walk a mile.)

Sandwich from Just.A.Bite \$2. (Gluten Free available.) Smoothies from Juvenile's Fresh Start Cart \$2. Pre-order required. The rest of the cost is subsidized by your A-Team – Activities for employee involvement and connections.

Read more about it (includes order form):

[Walk Connect at Red Soils](#)

On May 19th, Wellness and the Housing Authority scheduled a Walk! Connect! event for their location.

Read more about their walk and how to bring a Walk! Connect! event to your location on page 11.



Jodine Sampson, Shari Bandes, and Wendy Hays at last year's Walk Connect, just finishing the mile loop

How Design helps Safe Crossing, Continued...

Before and After Pedestrian Crossing/Actuation Data			East to West (Parking Lot to PSB)	West to East (PSB to Parking Lot)	Total
Before (Count on March 12, 2013)	Morning (30 mins)	Number of pedestrian Crossing	46	1	47
		Number of Pedestrian Push Button actuation	0	1	1
		Number of Conflicting vehicles during crossings	18	1	19
		Percentage of pedestrian Push Button actuation	0%	100%	2%
After (Count on April 14, 2015)	Morning (30 mins)	Number of pedestrian Crossing	48	0	48
		Number of Pedestrian Push Button actuation	10	0	10
		Number of Conflicting vehicles during crossings	9	0	9
		Percentage of pedestrian Push Button actuation	21%	N/A	21%
	Lunch (45 mins)	Number of pedestrian Crossing	7	46	53
		Number of Pedestrian Push Button actuation	1	7	8
		Number of Conflicting vehicles during crossings	2	10	12
		Percentage of pedestrian Push Button actuation	14%	15%	15%

Wellness & Safety @ Work

Upcoming Events

- **Stretch Yourself** – An On-line Adventure to add more wellness and safety into your day. Win Prizes, feel great. Please register: www.LifeBalanceProgram.com/CC Challenge goes through July 12
- **Commuter Challenge** (June 1 – August 31): [Commuter Challenge Flyer](#).
- **Walk, Connect - Red Soils Campus** (June 24, 2015): [Walk Connect at Red Soils](#)
- **Relay for Life** (Sat June 27th): Build or Join a Team or come visit the event at the Clackamas Community College track. Details at: www.ocrelay.org
- **Walk Connect - Downtown Oregon City** (Thurs July 16, 2015): [Walk Connect Downtown OC](#)
- **Blueberries/Ice Cream** (Wed July 22, 2015): All County delivery *from your A-Team*
- **Employee Picnic** (Thursday, August 6, 2015): Red Soils Campus. 11:30 am – 2 pm *from your A-Team*
- **Walk-Bike to Work "Day"** (Week of August 9-15): More info coming

Wellness & Safety Classified Ads

MASSAGE for relaxation and stress reduction Chair Massage is available every Thursday at the PSB suite 310 (DES) by Licensed Massage Therapist, Maggie Doolan. (Member of the ASH network.). A 15-minute session costs \$22 (check or cash). Contact her at 503.245.0275 or mmdoolan@comcast.net to set an appointment.

Portland to Coast Volunteer Needed Would you like to be part of a County Portland to Coast team, but don't want to actually walk the route this year? County team "All Walks of Life" is seeking team members to serve as team volunteers. All volunteers are required to complete an online training (15-20 minutes), select a volunteer position (see website for position descriptions and requirements: <http://www.portlandtocoastwalk.com/volunteer>) and show up. Each shift is approximately 4-6 hours. The time and location is selected when you choose your volunteer shift. "All Walks of Life" is also in need of a van (driver optional) to transport half of the team. Please contact John Filar (JFilar@clackamas.us or 503-650-3190) for more information.

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

Quiz Box

The April/May quiz box winner is... Everyone who submitted a response!

For the April/May question, we asked you to share with us some good dental habits that you and/or your family/kids use to take care of your mouths and teeth.

We received so many great responses, which we have shared on page 8. Everyone who responded received an Oregon City Farmer's Market token.

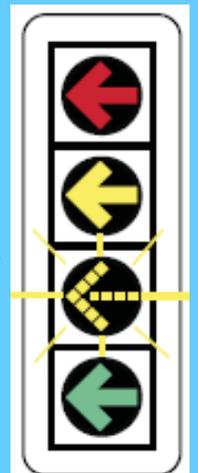
June/July's quiz box question

In the February/March newsletter, Jason Morrill (with the assistance of Joe Marek, Traffic Engineer) wrote an article about Flashing Yellow Arrow traffic signals. The June/July quiz box question is: "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?"

Send your response to: jmorrill@clackamas.us by June 23rd.

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

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



Wellness & Safety @ Work

Healthy in a Hurry: Family Meal Guide for Busy Parents

By: Nova Elwood, Dietetic Intern Clackamas County Health Centers

Do you wish you could have a nutritious dinner with your family every night but often feel like you don't have the time? Aria Baker, Clackamas County WIC Lactation Consultant, Breastfeeding Peer Counselor Coordinator, and mother of two, understands what it's like to be a busy working parent while also trying to raise healthy kids. Aria shares her tips with us and reveals how she is able to get her family around the table each evening for a healthy, home-cooked meal.

Plan Ahead: Every week Aria plans out five dinners in advance with her family. Every member of the family takes turns planning and preparing a meal. Her children gather inspiration from cookbooks checked out from the library and she also subscribes to several food magazines including Bon Appétit, Fine Cooking, and Sunset. On the nights when meals aren't planned in advance, they eat leftovers or she has a few quick meals that can be thrown together in a pinch.

Healthy Meals for the Whole Family: Parents want their kids to be healthy and eat nutritious foods but they also may feel forced to accommodate finicky palates. To address this issue, Aria practices Elyn Satter's division of responsibility in feeding (<http://ellynsatterinstitute.org/index.php>). Aria and her husband encourage their children to eat healthy foods but they never force them to try anything. When her kids plan dinner she asks, "what vegetables will go with this?" or she encourages them to start with the vegetable first and then plan the rest of the meal. When Aria or her husband plan the meal, they always include one thing that they know the children will like, one thing they know they will at least try, and one food that is more of a maybe. Dessert is occasionally part of their meals but is never used to coerce them into eating something else. This encourages her children to view food as fuel for their growing bodies and can set them up to have a healthy relationship with food for their entire lives.

Tips and Tricks for Busy Families: Aria uses some tried and true tricks that are the mainstays of busy families everywhere. She will often make a double batch of more elaborate meals and freeze the leftovers for another night. This works especially well with soups because they freeze and reheat well. She also takes advantage of her slow cooker. Having a meal made ahead in the Crockpot can be a lifesaver on those especially busy nights when there are soccer games or parent teacher conferences. Some of her favorite things to make in the slow cooker are overnight oats, soups, and beans. Aria's final tip is to ensure that everyone helps to get the table ready and clean up after the meal. Her children set the table, take out the compost, and load the dishwasher. If everyone pitches in, the burden of cleaning up after the meal doesn't fall on just one family member.

As a working parent it can be extremely challenging to get a meal on the table during hectic weeknights. Try some of Aria's tips and with some prior planning and a few tricks up your sleeve, it can be done!

On the Table in 30 Minutes or Less

- Grilled cheese sandwiches and tomato soup (http://www.eatingwell.com/recipes/tomato_soup.html)
- Green Pasta (Combine your favorite pasta with steamed broccoli and pesto)
- Quesadillas (<https://foodhero.org/recipes/veggie-quesadillas-cilantro-yogurt-dip>)
- Roll your own wrap night! Let your kids choose from healthy filling options. Need ideas? (<http://www.cookinglight.com/food/recipe-finder/wrap-recipes>)
- Breakfast for dinner with a quick veggie frittata or whole grain pancakes. (http://lpi.oregonstate.edu/sites/lpi.oregonstate.edu/files/pdf/hyp/carrot_pancakes.pdf)
- Bean and rice bowls (<http://lifeasmom.com/2012/09/easy-and-versatile-rice-bowls-urs-picky-eaters.html>)
- Polenta Bake (top sliced, prepared polenta with beans, marinara sauce, and cheese. Bake 15 minutes and dinner is served!)

** Add steamed frozen veggies, bagged salad, or fruit to any of these recipes for a balanced meal in a flash!



Aria Baker and her family with Mini Mouse

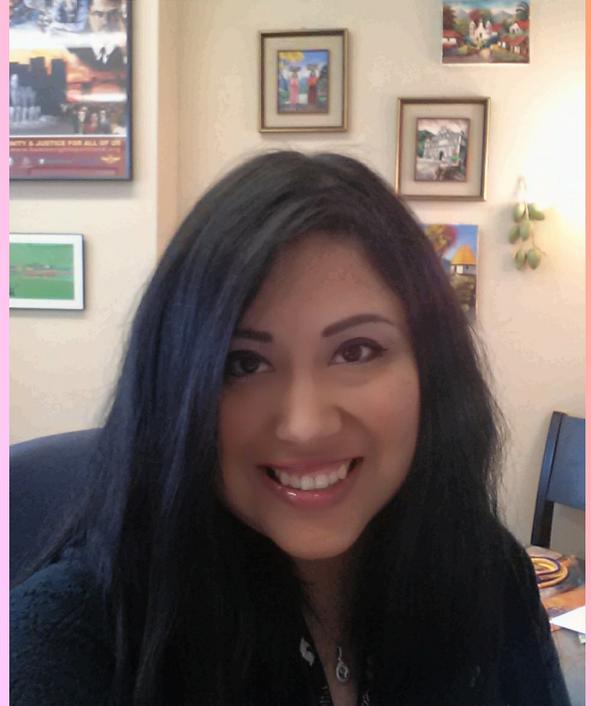
Ofelia Shares For National Arthritis Awareness Month By Ofelia McMenamy

May was National Arthritis Awareness Month, and according to the Arthritis Foundation, there are an estimated 53 million adults and 300,000 children in the U.S affected by some form of arthritis (Link on page 16).

I am one of them.

In 2009, at age 30, I was diagnosed with rheumatoid arthritis (R.A.). I used to think this was a family curse as several members of my family have had lupus or R.A., including my father. I no longer view it that way. It is a part of us, a part of me - and I have come to accept myself as I am. Getting to this point of enlightenment was not easy. It has taken me several years from diagnosis to feel "normal." I am a work in progress.

The stigma, loss of a career, and medication adjustments the first couple of years took its toll on me both physically and mentally. When first diagnosed, I started an aggressive form of treatment in order to prevent permanent joint damage and future complications. The initial medication was a chemo drug and while it helped, it often made me sick. It was hard to explain how I felt to others, especially when no one understood the disease. Unless I was flaring up or showed you a couple of my crooked fingers, you might not have a clue I have R.A. and some of my friends would equate R.A as a "creaky joint" disease. I would explain that was not the case. For one, I get fatigued and often have a low-grade fever. I soon found it easier to explain to people that I felt like I had a chronic case of the flu.



Ofelia McMenamy, Community Corrections

So what is R.A.? Rheumatoid arthritis is considered a type of inflammatory arthritis. It is an autoimmune and systemic disease. With R.A., my immune system is attacking my joints as if they were a foreign substance. The disease affects my hands, shoulder, knees, and ankles. I am chronically anemic because it's systemic. It can affect your heart or lungs, just like my father. Cold and rainy weather contributes to flares up for me. Winter is not my friend. Please keep in mind, how I feel is not the same for everyone. R.A. Symptoms can be mild to severe and change over time. Some people can even achieve periods of remission.

When I was first diagnosed, my rheumatologist told me it was important to exercise. I'm sure the dumbfounded look on my face was funny to him, but in my head I was sounding off. "You want me to what? You must be joking. I can barely move as it is! I'm tired! I'm starting not to like you." He must have caught on because in a serious tone he said, "You can either move it or lose it. If you don't move those joints, one day you may not move them at all." That scared me, but it still took me a bit to start to move around more. Eventually I found walking to be the most enjoyable and practical form of exercise. One of my biggest accomplishments has been to be a part of a county sponsored Portland to Coast team. After finishing my course the first year I participated, I felt a peace and happiness I couldn't explain. I hurt and was sore, but I didn't quit. I finished. It really helped me understand that while I have this disease, it does not need to define me.

There are different types of arthritis: Degenerative Arthritis, Inflammatory Arthritis, Infectious Arthritis, and Metabolic Arthritis. Did you know there are over 100 forms of arthritis? Osteoporosis is considered a type of degenerative arthritis and is one of the most common types of arthritis, besides R.A. Other types of arthritis:

- Lupus
- Ankylosing Spondylitis
- Polymyalgia Rheumatica

Continued on page 16...

Did You Know...About Available Resources for Tobacco Cessation?

By Nina Smith

A very close friend of mine quit smoking ten months, two days, and fourteen hours ago. How do I know? We both entered his quit date in a smart phone app so that together we could track the time passed; the number of cigarettes *not* smoked (at the writing of this: 3,132.33 cigarettes); the money saved (\$834.06); and the tar saved (32.251 grams). It's easy for me as a non-smoker to say, "just quit" or nag about the smell and money spent on cigarettes. But none of that helps someone quit. Instead, I learned never to pressure my friend to quit smoking- he knew the reasons why it wasn't healthy and the practical arguments why he shouldn't smoke. Instead, I knew I needed to be understanding, patient, supportive, and let him know about available resources once he did make the decision to quit.



The abundance of pretty e-cigarettes has made it even more difficult to quit smoking

The purpose for me in writing this article is not to tell anyone to "Quit Smoking" and expect them to put out their cigarettes immediately. No one has that kind of power. Instead, my purpose is to share the resources available if and when the decision to quit smoking is made. For example, **did you know** there is no longer a limit on tobacco cessation medications provided by Kaiser and Providence? There used to be a \$500 dollar lifetime limit on deterrent medications available to plan members. But now, due to the Affordable Care Act, there is no set dollar limit on those prescriptions.

Did you know that Providence has a variety of resources available to those who are contemplating quitting? Resources can be found at: [Providence Tobacco Cessation Resources](#). Resources include counseling sessions which are covered in full through Providence providers (counseling can include in-person, over the phone, or through Health Coaching done by Providence staff). It also includes \$0 copay tobacco cessation medications with a prescription. There are also classes that members can attend- even if they aren't quite ready to quit smoking.

Or **did you know** that Kaiser also has resources under the medical plan for their members? Information can be found at: [Kaiser Tobacco Cessation Resources](#). There is a \$500 limit on the services covered under the medical plan- but *no* limit on the prescriptions, coaching, classes, or other free services for members. Kaiser has classes through in-person sessions (choose between a six or one session course) and webinar. They also have health coaching over the phone that can be used as a person contemplates or is already in the process of quitting. Kaiser provides prescription drug coverage with \$0 copay for tobacco cessation medications.

And **did you know** there are resources available for non medical plan members? A resource I felt was compelling is called "EX". The program's based on research and advice from former smokers. The website can be found at: [EX](#). I strongly believe that the best people to walk others through the process of quitting are the ones who have been there before. Ex is about relearning life without cigarettes. I know my dear friend had to relearn some of his daily routines and the way he related to some people in order to stop smoking. That very likely was the hardest thing for him about quitting.

Or did you know that the Clackamas County's Public Health also has a variety of [resources](#) available? They do amazing work in many areas and can help with resources wherever a person is on the journey toward the tobacco free lifestyle.

I think I'd be hard pressed to convince someone to quit smoking. Thus, I'm not going to try. However, I'm going to keep these resources in my back pocket just in case...

Wellness & Safety @ Work

What are you doing to care for your teeth?

In the April/May quiz box, we asked readers to share some good dental habits with us that they and/or their family/kids use to take care of their mouths and teeth. We liked what we heard so much that we decided to share:

- I should floss more. These tools have helped increase my success. Easier to reach. (See picture on right)
- It's helpful to put a couple of packages of dental floss in your vehicles so that the non-drivers can floss their teeth as the family is going somewhere -- or going home from somewhere. I find it a good use of my time and I seem to floss a lot more!
- My hygienist lectured me about my flossing...or lack thereof. So, I have strategically placed floss everywhere... in my car, purse, on my desk at work.... I also have hand sanitizer where necessary so that I can floss anywhere and often! It's working.
- Here are my family's good dental habits: We brush our teeth at least twice a day and floss. We also go to the dentist regularly for cleaning and check-ups.
- Brush and floss and least twice a day.
- I use the little rubber-tipped tool to clean at the gum line around each tooth. I was told by the hygienist that negative changes to gum health can not only be halted, but can be reversed by making this an easy morning habit each day. (See picture on right)
- My son and I use a rinse, then brush our teeth, then floss, and brush our tongues to avoid bad breath. We also drink a glass of water prior to bedtime and when we wake up. That helps clean up and hydrate the mouth.
- I make it a routine to brush multiple times a day and to floss regularly. I just like having the feel of clean teeth! For things that I don't do daily (but should), like flossing, I keep it in sight so it makes me more likely to actually do it or guilts me in to it if it's been a few days...
- In the evening, when it is time to brush teeth, the kids know that if they do so without a hassle they can pick out an extra/bonus book to read before bed.
- My kids really love colorful fun things, so we got the children's mouth rinse, and the colorful character flossers. Between these and regular daily brushing, they are all cavity free at ages 2, 7 and 8 ½! They also remind me to do my own brushing and flossing along the way!
- I brush my teeth twice a day and have regular dental checkups.
- 1) 6 month cleaning and check up; 2) Floss after every meal; 3) Brush after every meal; 4) Nightly fluoride.



Contributions were received from McKell Ridgeway (DA), Jan Croeni (Social Services), Joe Hobbs (Health Centers), Naomi Richard (Health Centers), Hillary Westlake (Juvenile), Chelsea Lee (DES), Micheline D'Angelis (Juvenile), Dienne Irwin (Juvenile), Marc Gonzales (Finance), Shelley Barrick (DA), and Jean Baird (Retiree). Everyone received a \$5 Oregon City Farmers' Market token.

Learn more about your dental benefits through resources on the County's DES Benefits website:

- [General County MODA Incentive Plan](#)
- [General County MODA Preventive Plan](#)
- [General County MODA 50% Plan](#)
- [POA MODA Incentive Plan](#)
- [General County Kaiser Dental Summary](#)
- [POA Kaiser Dental Summary](#)



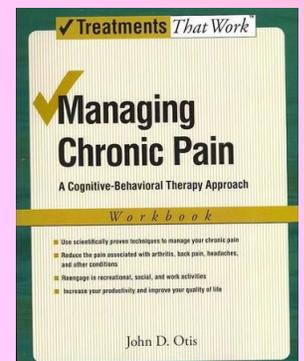
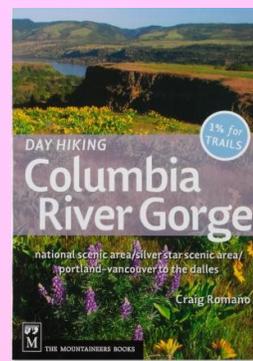
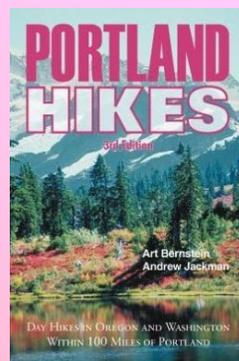
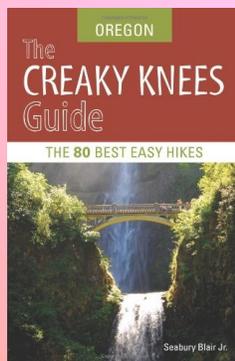
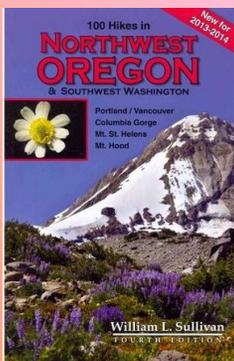
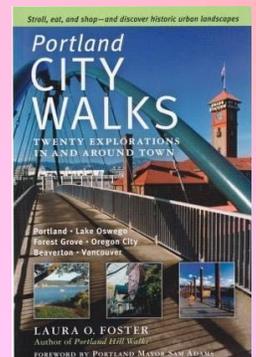
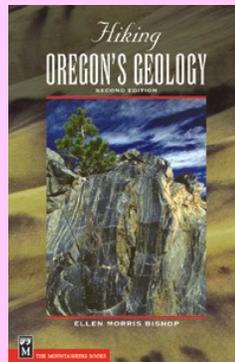
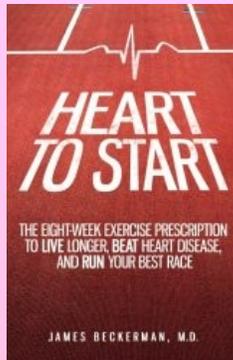
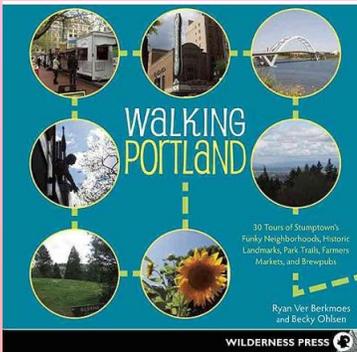
Wellness & Safety @ Work

Thank You For Borrowing Wellness Books! By Tamra Dickinson

Here are new additions to 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

100 Hikes in Northwest Oregon & Southern Washington	Sullivan, William L.	2014
Best Short Hikes in Northwest Oregon	Ostertag, Rhonda & George	2003
Day Hiking Columbia River Gorge	Romano, Craig	2014
Portland City Walks	Foster, Laura O	2012
Portland Hikes 3rd edition	Bernstein, Art & Jackman, Andrew	2000
The Creaky Knees Guild (the 80 best easy hikes)	Blair Jr., Seabury	2010
Hiking Oregon's Geology	Morris Bishop, Ellen	2014
Walking Portland	Ohlsen, Becky	2013

New from Dr. Beckerman, Heart to Start, the eight week exercise prescription to live longer, beat heart disease, and sun your best race. Also from Oxford University Press, Treatments that Work, Managing Chronic Pain.



If you haven't heard, we moved the Wellness library to the PSB lunchroom. THERE IS NO SIGN OUT. Take the book, enjoy it, and return it 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. Send us an e-mail at wellness@clackamas.us or send us a confidential note in the courier to DES-Wellness so we know we need to buy another copy. No need to give your name. Our hope is to have wellness resources used. Please send me requests: tamradic@clackamas.us

PSB isn't your building? We'd be happy to stock a Wellness library in other buildings. We need someone (you?) to volunteer as a "Library Coordinator" for your building. The job is receiving books from Wellness to put on the shelves, and sending me requests for books that employees want to read. There is now another (growing) Wellness Library in downtown Oregon City at the Law Library, 821 Main St.

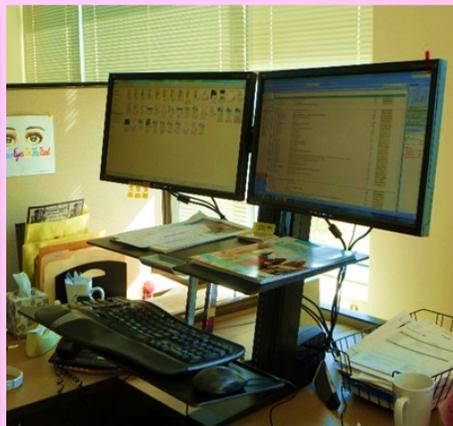
Wellness & Safety @ Work

I think Ergo, Therefore I Stand: Part 3 By: Trish Bafus, Risk Management

Both safety and wellness professionals recognize the potential risks of prolonged sitting and encourage making alternatives to sitting available, such as standing work stations or adjustable desks. Employees usually need help avoiding “excessive sitting times;” good intentions are not enough. So why not incorporate devices into your routines that are designed to encourage you to sit **OR stand**?

Studies find a strong correlation between long periods of sitting and elevated risk of mortality; experts call this “sitting disease.” It’s considered the new smoking!

Standing all day may not be practical. Employees naturally want to sit at times to rest or when intensely concentrating, which is why a sit-stand device is ideal – you can sit for a duration and then get up, stretch and transition to a standing position. You determine what is appropriate for the task at hand and have the ability to change your position as you desire. Here are some **ERGOTRON** products Risk Management supports for those employees attracted to a device they can manually adjust:



Left: Single monitor w/ work surface.

Above Left: Dual monitor w/ work surface. Also, includes large ergo tray to accommodate “fan” style keyboard.

Above Right: Dual set up, but field laptop replaces second monitor.

Adjustable sit-to-stand products similar to the **WorkFit – S** shown above are an effective solution for reducing prolonged sitting. Employees can instantaneously sit or stand as they choose while remaining effectively engaged with their computer. If you’re still not sold, here is a great video to put it all into perspective: **The Uprising: Just Stand!**

https://www.youtube.com/watch?v=EV_i_mi---w&feature=player_embedded

In addition to sit/stand workstations, the following workplace solutions might be helpful as well.

More Ways to Stand:

1. Take walking meetings. Establish guidelines for movement breaks during seated meetings or training events. Create opportunities for people to stand and pace.
2. Walk more at work: Park your car farther away from your building; use stairs not elevators; take a long route to the restroom or mail room.
3. While computing, set a timer to remind you to stand up and stretch every half hour.
4. Stand up when you talk on the phone.
5. Don’t send emails if the recipient is near; walk over and talk to him or her.



Wellness & Safety @ Work

Picnic Safety: How to Avoid Food Borne Illness

Compiled by Larry Lancaster, WES/DES

Be cautious when choosing and packing food for your next picnic

Be sure to take the right precautions to avoid food poisoning and food borne illness. Check-out these symptoms:

- Nausea or vomiting
- Diarrhea
- Fever
- Cramps
- Double vision
- Trouble swallowing
- Paralysis

Most people get sick within four to 48 hours after eating bad food

If symptoms are severe, contact a physician or go to the hospital immediately.

Wash Hands Frequently

Bring moist towelettes or soap and water to clean your hands and surfaces often. Also, make sure your cooler is clean.

Safety at the Supermarket

1. Check the "sell by" or "use by" date. If it's expired, don't buy it.
2. Bring refrigerated/ frozen foods home immediately after shopping and store them promptly.

Cook to proper temperatures

Cook your favorite foods to the right temperature by using a food thermometer; hamburger to at least 160°F and chicken breasts to 165°F. Never partially grill meat or poultry to finish cooking later.

Store it right

1. Set refrigerator between 35° F and 40° F; freezers should be at or below 0°
2. If a package smells or looks suspicious, throw it out even if "use by" date has not expired.

Serve it safe

1. Don't leave any perishable food like meat at room temperature for more than two (2) hrs.
2. Pack lunches in insulated containers with a freezer pack.
3. Serve hot foods at a temperature above 140° F and cold foods below 40° F.

Handling Leftovers

1. Refrigerate cooked food within 2 hours after cooking; divide large amounts of leftovers into small portions and place in shallow uncovered containers for quick cooling.
2. Reheat leftovers to 165° F or until steaming hot.

Sources: FDA / CDC / medicine.net



Wellness & Safety @ Work

Housing Authority Hosts WALK! Connect! Event By Tamra Dickinson

On May 19th, 17 employees from the Housing Authority walked a .9 mile loop around their block, and had their sandwiches delivered by Jason Morrill on behalf of A-Team and Wellness. If your office has at least 15 people who would like to get a JustABite sandwich for \$2 and walk a mile, please contact us to arrange a date: tamradic@clackamas.us



The Commuter Challenge is Here! By Jason Morrill

The Clackamas County **Commuter Challenge** Started June 1st, and you can still participate!

Join us for the Commuter Challenge during any of your work days between June 1 and August 31. All it takes is a few days of participation to qualify for a chance to win!

Learn more from the [Commuter Challenge Flyer](#) and [Logbook](#).

Wondering about “**what if there’s an emergency at home**” and not having your car at work? Tri-Met has a **free taxi ride** home program for alternative commuters (not just public transit; car-poolers, walkers and bikers too) who **LIVE and WORK** in the Tri-Met service district:

<http://www.clackamas.us/wellness/commuting.html#Emergency>



A true single-occupancy vehicle (Photo provided by Patrick Ramirez (TS))

Wellness & Safety @ Work

Be Safe, Be Well: Wellness, Safety & Sustainability Fair

Thank you for investing in your health at the Wellness, Safety, and Sustainability Fair on April 29, 2015. Thank you to our many departments who participated with tables. As a County, we have many roles investing in the health and safety of our citizens.

Check out the slide show movie by Larry Lancaster, WES: <https://youtu.be/nmvUNG5ETMO>

Who won the prizes? [Prize winner list](#)



A chiropractor does a postural analysis for an employee



Lots of people attended, and Coney graced the walls



Greta Nickerson (Finance) talks with Holly Coddington (Transportation Maintenance). Grant Williams explains special equipment used to measure the condition of asphalt on roads. Slow down in work zones for our co-workers.



Katrena Cook (Facilities) learns about food-borne illness from Brent Johnson, Registered Environmental Health Specialist (Public Health)

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Wellness & Safety @ Work

Be Safe, Be Well: Wellness, Safety & Sustainability Fair, Continued...



Thank you to the A-Team who staffed the registration table and bought the fruit! Roxann Fisher (Finance) and Susan Brookshire (A&T) at the table.

Great to learn about traffic signals from DTD-Engineering



Left Top: Laura Spencer (Treasurer) talks with Dan Limon from Ergotron. We encourage sit/stand work stations so we don't keep our bodies in one position all day leading to sitting disease.

Left Bottom: Apryl Herron and Jamie Zentner (Public Health) talk about healthy greens and sweet deceit (flavored tobacco products)

Above Left: Crystal Wright and Ellen Crawford (Juvenile Department) visiting B12 shots. We hear Today Integrative Health + Wellness ran out of the shots. If you didn't get one, or you weren't able to attend the fair, contact tamradic@clackamas.us for a coupon for a free shot.

Above Right: Jennifer Jungenberg, Social Services, Family Care-giver Support Program



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Wellness & Safety @ Work

Be Safe, Be Well: Wellness, Safety & Sustainability Fair, Continued...



Steve Kelly and Mark Sirois (H3S – Community Development)



Jamie Hays (Emergency Management) and Merry Broughal (C-Com)



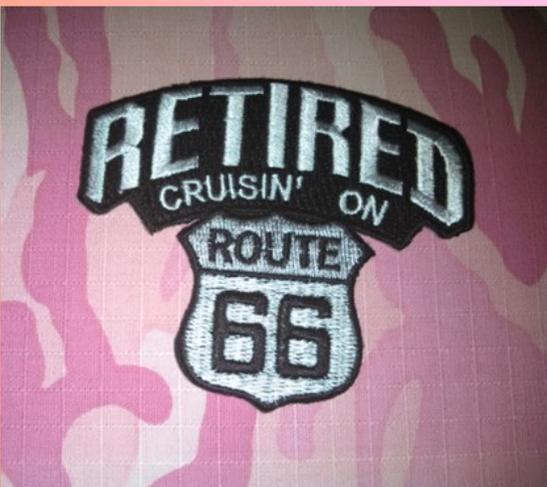
Dan Strong, Amy Willman and Gari Johnson (WES) talk about protecting water

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.*



Sheryl Smith's (Technology Services, Retired 2013) took a trip with her husband to Texas. They traveled on Route 66 as a part of their road trip. When they returned, Sheryl accompanied her Red Hat Group to the Rhododendron Garden (Sheryl is second from right).



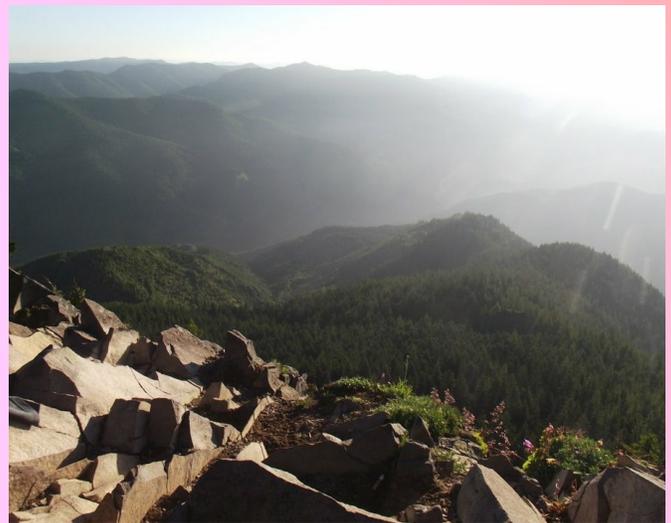
Wellness & Safety @ Work

Where to Walk: Table Rock By Chelsea Lee

Table Rock is an 8 mile out and back trail located near Molalla. It is rated as moderate, and does get pretty steep as you near the summit. It has beautiful wild flowers and on a clear day has amazing views. We wanted to watch the sunrise, so we started the hike around 3 a.m. with headlamps in order to be at the summit in time. Be prepared to cross a rock pile along the way! The views made it all worth it though, and I would do this hike again.

Directions: From Portland, you can get there one of two ways, either from the west (Woodburn) or the north (Oregon City). From Oregon City, take exit 10 off I-205 south to Molalla on Highway 213 and turn left towards Estacada on Highway 211. Go a half mile and turn right onto S. Mathias Road. Go .3 mi and turn left on S. Feyrer Park Road. Go 1.6 mi and turn right onto S. Dickey Prairie Road. Take this 5.3 miles to S. Molalla Forest Road (it's not marked well but it is the bridge to the right that crosses the Molalla River). Take this road, nice and paved, for 12.3 miles to a point where the paved road forks right and a gravel road goes left. Guess what? You're taking the gravel road left (There is a sign here that identifies it as the way to the Table Rock Trail). From here, basically follow the signs 7 miles to the trailhead. There are two more forks in the road with signs to get you there. Park at road's end at the trailhead.

If you want to access this from the west, take the Woodburn exit off I-5 where the Woodburn Outlet Stores are and head east on Highway 211 to the junction in downtown Molalla with Highway 213 and follow the same directions from there.



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

Thank you Heart Walkers! By Tamra Dickinson

We did a 5K at the Portland International Raceway on Saturday May 16th, complete with fancy race cars zipping by on their track. Thanks for walking for your and your family's hearts!

Some of us had a little trouble getting there with an enormous bottleneck on the way to the parking area. But once we did, there was all sorts of heart education, booths, and fun.

Here are a few of us:



Leigh Ann, Romy, Halley (A&T), Terry (Facilities), Jason, Sage, and Maximus (DES and family)



Jason Morrill (DES) with Maximus and Sage



Tamra Dickinson (DES) and Terry Blackwell (Facilities)

Ofelia Shares For National Arthritis Awareness Month, Continued...

- Sjogren's Disease
- Vasculitis
- Tendinitis
- Bursitis
- Lyme Disease
- Carpal Tunnel Syndrome
- Inflammatory Bowel Disease
- Fibromyalgia
- Psoriatic Arthritis



So what can you do to help someone you know with a form of arthritis? Be supportive! Be a walking buddy. My friends volunteered to be my walking buddies and that helped push me out the door of my house. Educate yourself. Understanding the various types of arthritis, their causes, and what it feels like will help open the door to dialogue and bring our country closer to a cure. For more information on arthritis, please go to the Arthritis Foundation's website at <http://www.arthritis.org>.

References: Arthritis Foundation. (n.d.) *What is arthritis?*. Retrieved from <http://www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php>

Wellness & Safety @ Work

Rock N' Roll Half Marathon (May 2015)

"This was such a fun and energetic event! I could not have asked for better weather for completing my first half marathon and it was so much fun to do it with co-workers. I am looking forward to doing it again next year!" (Kim Wyatt-Social Services)

We all loved it over here and were happy to stay ahead of the "sag wagon." It was a lot of fun to see all of the spectators and great weather to boot! (Colette Stiff- Behavioral Health)

The Rock and Roll Portland was my first half marathon and the hardest thing I've ever done. I was so lucky to have the encouragement of my friend and co-worker, Colette Stiff! She believed in me and I did it, I feel so accomplished. And sore! (Mandi Oropeza – Behavioral Health)

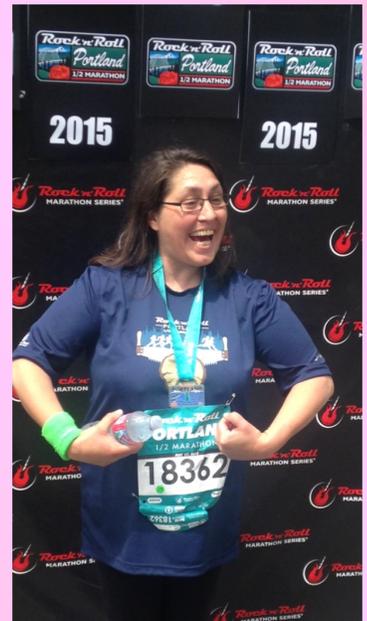
I'm glad I challenged myself to go for a half marathon. I think it is great preparation for our 2015 Portland to Coast Race. It was amazing to see so many people of all ages and all levels of fitness participating. It was inspiring to see and made for great motivation to keep moving. It was a fun race and definitely one I would do again. The bands along the route were fun! It was also great to go through Portland neighborhoods, the residents were having block parties and cheering us on, making it easier to keep moving! I highly recommend this race for anyone looking to take their racing up to the next level. (Amy Jackson-Social Services)

Thank you Wellness! The Rock & Roll Half-Marathon was an excellent event. It was such a great feeling to accomplish my first half-marathon. The event was well organized, amazing smiling volunteers cheering everyone on, live music throughout the race, and beautiful neighborhoods to view along the way. It brought us together as co-workers to train, encourage, and celebrate our success! I would recommend this event to others and plan on participating next year! (Caryn Anderson-Social Services)

I enjoyed crossing all the bridges, doing this is the best self care. A time to really think and gather my thoughts. (Shannon Boyette, Oregon Family Support Network)



Left to Right: Shannon Boyette, Oregon Family Support Network; Colette Stiff, Behavioral Health; Mandi Oropeza, Behavioral Health



Left: Kim Wyatt & Amy Jackson
Above Left: Caryn Anderson & Kim Wyatt
Above Right: Annie Stuck, Kim Wyatt & Amy Jackson
Right: Mandi Oropeza

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.