

Clackamas County



Wellness at Work

Wellness Website

It's where you go to find wellness information



[www.
Clackamas.us/wellness](http://www.clackamas.us/wellness)



Participation

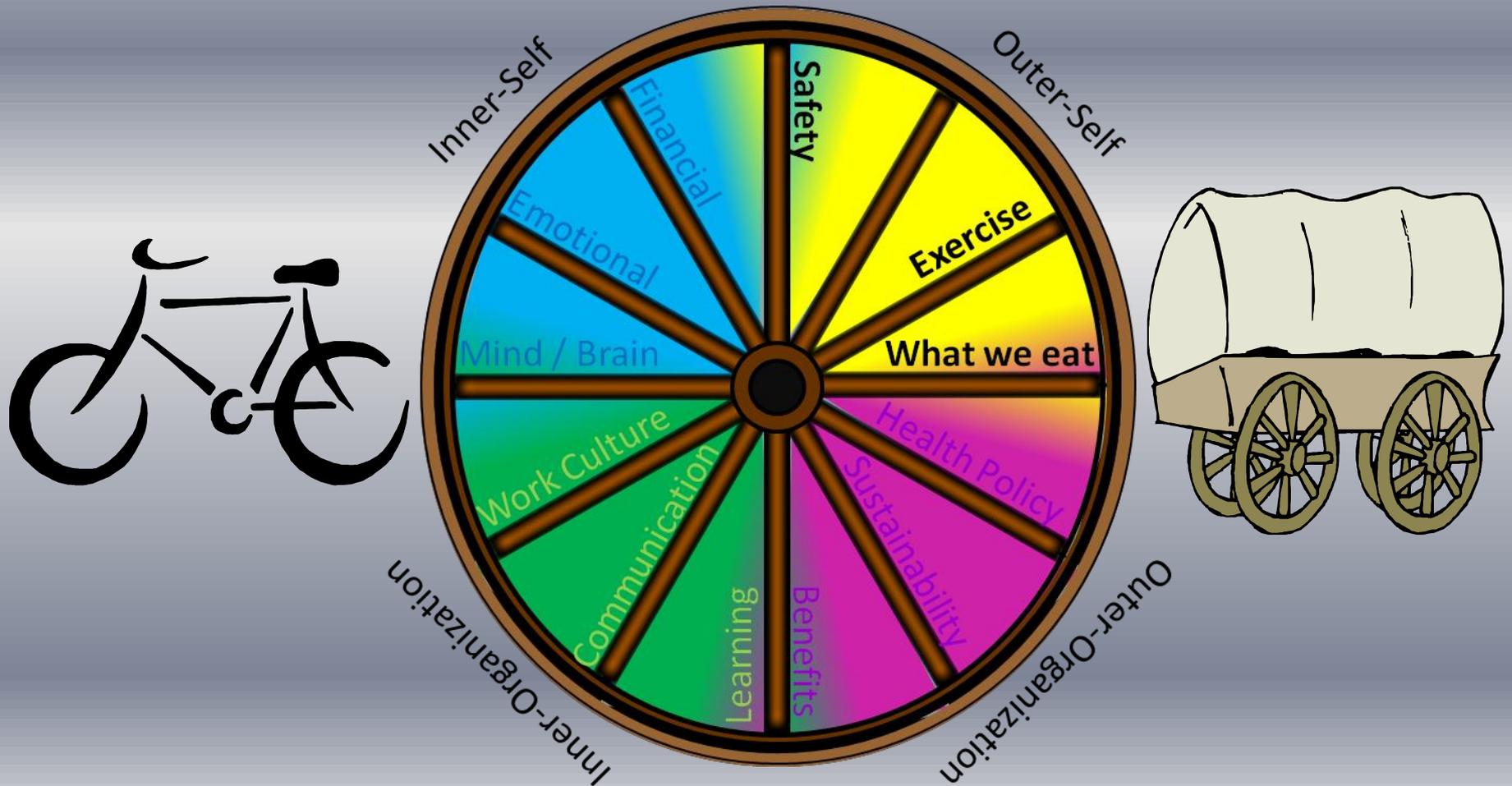
Who's Eligible?

Full-time, part-time, and temporary employees are eligible to participate in wellness program activities.

Family members and retired county employees are eligible for most all of our offerings!

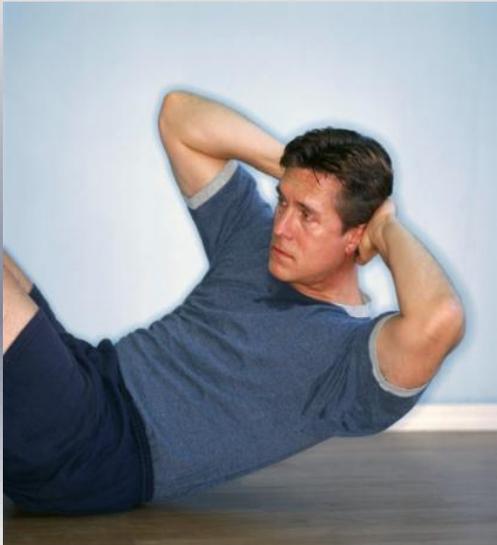
The Wellness Wheel

Whole Person – Whole Systems



Exercise Classes

During Lunch and After work



- Yoga & Yoga Strength
- Stretch n' Flex
- 20 Minute Stretch
- Walks
- Pilates
- Better Body Boot Camp

Email Michelle Raethke at Mrathke@clackamas.us or by telephone at 503-655-8354 to enroll for upcoming classes.

Steps to Health

Pedometer Program



The Pedometer Program is a virtual walk of the Oregon Trail starting at Independence, Missouri and ending in Oregon City. Pioneers log their steps daily and win prizes when they reach the various forts along the way.

Receive a free Pedometer & Lanyard when you start the program. For program details read the [Steps to Health Flyer.](#)



SIGN UP TODAY!



Steps to Health

Pedometer Program

Prizes!



½ race fee reimbursement



- Race approval with Wellness Coordinator
- Team captain collects receipts, pictures
- ½ fee reimbursed on paycheck



Portland to Coast & Hood to Coast



The Hood to Coast and Portland to Coast are the largest relay races in the world. The county sponsored 8 teams this year, 3 Hood to Coast and 5 Portland to Coast:

- Good Game
- Stranger Danger
- Slow Mo P.O.s
- Miss Steps
- All Walks of Life
- Just 24 Feet
- It Will be Fun
- Super Chumps



Gym Discount Program

The county supports your efforts to improve or maintain your health through the *Gym Discount Program*. This program provides discounted gym memberships for employees, retirees and their eligible dependents.

For a complete list of participating gyms, contact information and memberships read the [Gym Discount Program Webpage](#).





Massages by Maggie

Maggie Doolan provides chair massage at the Public Services Building on Thursdays. If you work near the Red Soils campus and would be interested, please call *Maggie* at 503-245-0275 for more information and to set an appointment.

The cost is \$22 for a 15 minute chair massage.



Wellness Education

Lunch & Learn

- Weight Watchers
- Healthy Hearts
- Cooking Classes
- Saving for Retirement
- Benefits at Retirement
- Nourishing Eating
- Nutrition
- Sleeping Well
- Elder Caregiving
- Financial Fitness

Classes are announced by e-mail and in the newsletter.



Safety



Driving



Lifting



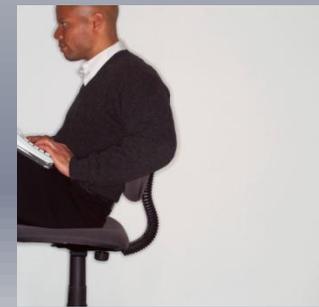
Mindfulness



Asking for help

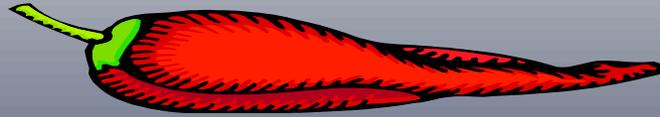


Ergonomics

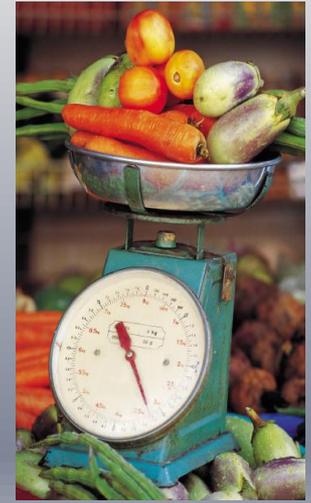




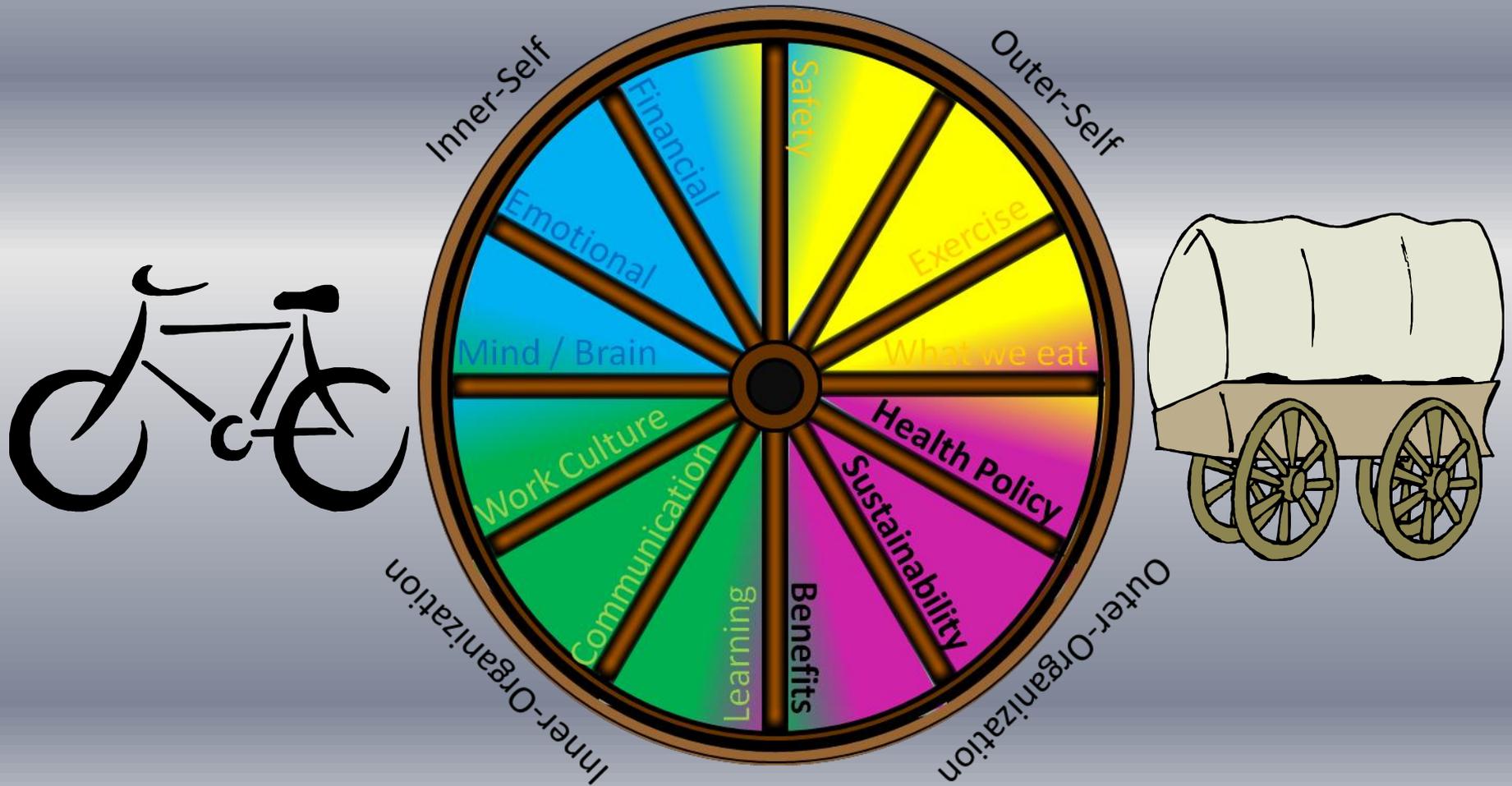
What we eat



- Eating local – farm shares and farm stands are on campus



The Wellness Wheel



Preventive Care



Did you know that there is NO CO-PAY for in-plan PREVENTIVE CARE appointments with Providence and Kaiser providers?

Preventive care coverage includes:

- age appropriate preventive medical examination,
- breast cancer and cervical cancer screening for women
- prostate cancer screening for men aged 50-75
- colorectal cancer screening for adults aged 50-75
- blood pressure, and more

Stay home when you are sick and contagious!

- Wash your hands
- Cover your cough; sneeze in your sleeve
- Don't come to work sick
- A flu shot is recommended for everyone over 6 months of age. It's not just for your own health; it protects your coworkers, customers, and family. Flu shots are free under both plans. To find flu shot information, including locations where you can get a shot, click on your plan's link below:

- [Kaiser Flu Shot Clinic Information](#)
- [Providence Flu Shot Information](#)



24-Hour Nurse



Both Providence and Kaiser have a RN Medical advice line **FREE** and available 24 hours a day seven days a week. Registered nurses will be able to help when you have questions about flu, colds, backaches or other routine ailments.

Providence 24-Hour Nurse

503-574-6520

Kaiser's 24-Hour Nurse

503-813-2000



Provider Resources

Providence and Kaiser provide community resources for health education.

Personal Best is a monthly health newsletter that is posted on the county intranet.

Working on tobacco cessation, low back pain, chronic disease management, nutrition?

➤ Providence Education Classes <http://www.providence.org/classes/default.asp>

➤ Kaiser Health Education Classes <http://www.kaiserpermanente.org/thrive/>

➤ Pathways to Health <http://vipcr/departments/des/benefits/login.htm>

Monthly newsletter

Personal Best. *Healthlines*

Wellness, Sustainability & Safety Fair

Join us to invest in your health and safety!

Exhibitors display educational information to help employees connect with ideas and resources for health, sustainability, and safety.

●Next Fair: April 27th, 2016





Commuting

How You Get There Matters

The Transit Assistance Program, will pay 50% of a monthly all-zone Tri-Met pass or one or two 10-ticket books of two-hour tickets. For details and enrollment forms at [Transit Assistance Program](#)

Alternative commuters are eligible for an “Emergency Ride Home” free taxi voucher if there is an emergency at home.



Commuter Challenge

What is the possibility of you getting to work by bus? carpool? Bike? Walking? Roller skating?

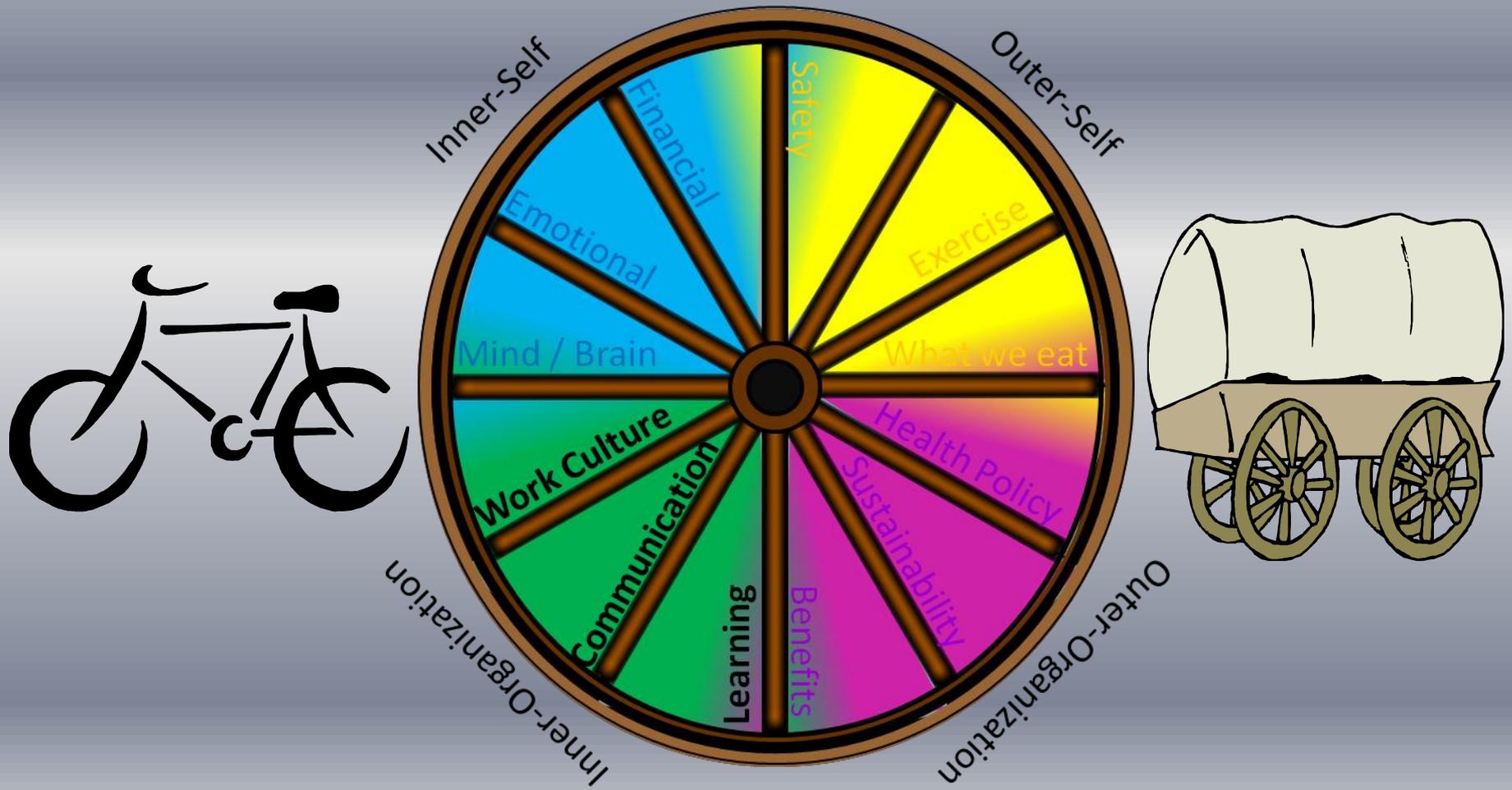
Each year the county challenges employees to use alternative modes of transportation for their commute. Prizes are awarded to employees who carpool, vanpool, ride a bus or Max, walk, bicycle, or motorcycle to work.



CLACKAMAS CARP  LS!

Employees, Energy & Environment - We Carpool Because We Care

The Wellness Wheel



Organizational culture

Your work environment

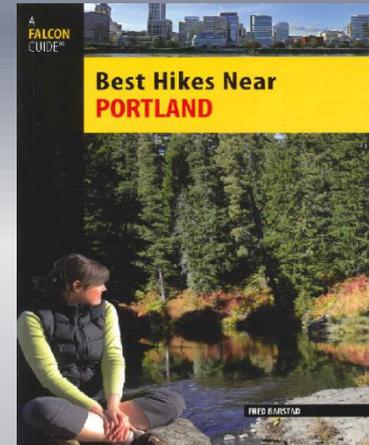
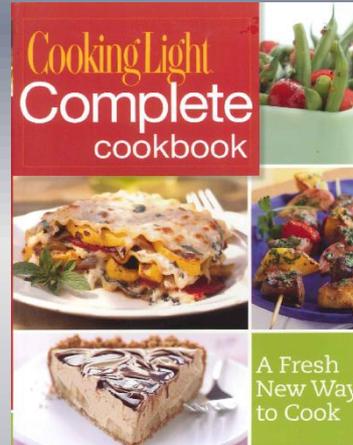
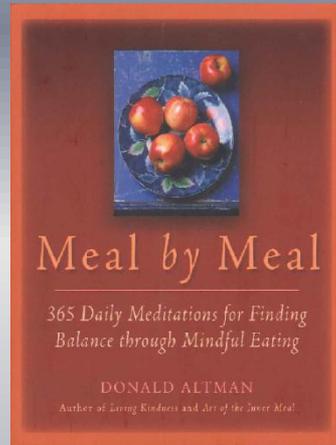
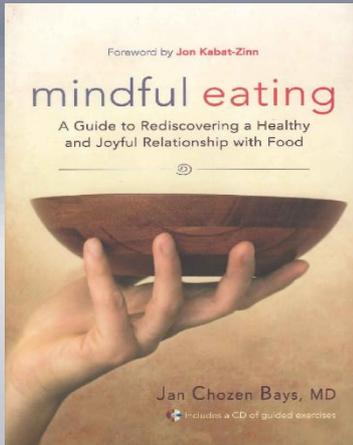


Learning

Communication

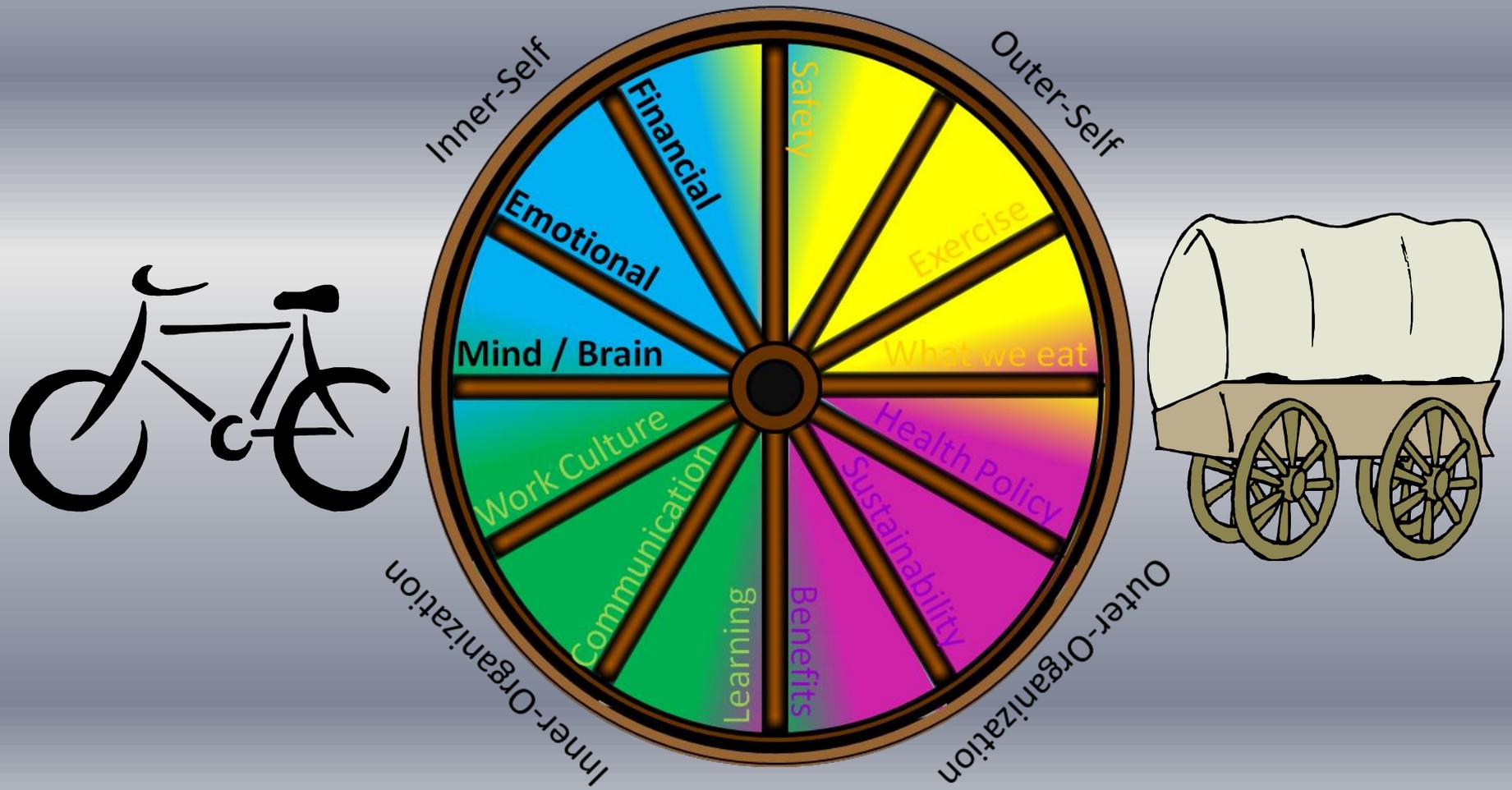
PSB Wellness Library

Wellness maintains an employee lending library full of materials on a variety of topics related to wellness. Examples include:



Visit the PSB 2nd floor employee break room or the Law Library to borrow materials. Take the book(s) that interest you, and return them when you are finished. There is no process or time limit for checking out the books. Do you work at another location and want a wellness library? Contact [Wellness](#).

The Wellness Wheel





Employee Assistance Program

Bensinger, DuPont & Associates (BDA)

offers confidential support, guidance and resources to help you and your family resolve personal issues.

When you call for services, a master's level Member Advocate will consult with you to find resources or services. Call **1-877-851-1631** or go online for work-life services that can help with:

- Alcohol & Drug Abuse
- Relationship Difficulties
- Stress & Anxiety
- Depression
- Financial & Legal Concerns
- Child or Elder Care
- Education
- Adoption
- Pet Care
- Travel



Online resources: <http://www.eapbda.com/>

Assistance for Family Caregivers



Jennifer
Jungenberg
Family Caregiver
Programs
503.650.5724

Are you a caregiver caring for an elderly parent, disabled / ill spouse, or special needs child?

Do you ever feel overwhelmed?

Do you feel as if you should be the perfect caregiver?

Is it hard to juggle work and family caregiving?

- Community resources for you and your loved one
- Learning better ways to take care of yourself
- Expressing your needs clearly and effectively

“FAMILY CAREGIVERS EXPERIENCE HIGHER RATES OF DEPRESSION, PHYSICAL AND FINANCIAL PROBLEMS THAN NON-FAMILY CAREGIVERS.”

“Remember it is a sign of strength to ask for help”

Mediation for Divorce/Separation

Clackamas County Resolution Services provides family law mediation services. For employees who are eligible for EAP services (regular full and part time employees with benefits) there is no cost to the employee.

What's available?

- Parent education class (required by the courts for parents who are divorcing) for the employee and ex-spouse/partner.
- Family law mediation for employee and eligible family members. Up to six mediation sessions.



How do I sign up?

- Contact: [Resolution Services](https://www.clackamas.or.us/resolution-services) | 503.655.8415 or rs@co.clackamas.or.us
2051 Kaen Road, Oregon City, OR 97045
- Contact the Wellness Coordinator or Wellness Program Assistant for a confidential billing number. Tamradic@clackamas.us / 503.742.5486 or mraethke@clackamas.us / 503.655.8354 . This allows Resolution Services to bill the Wellness Program without using your name.



Financial Wellness



- Retirement
- Budgeting
- Asset Allocation
- Deferred Compensation



Wendy Stefani, ING





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 Rajbhosani, 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 activation has increased from a low single digit percentage (2%) to 15-21% range, an improvement. These numbers look even better when compared to push button activation 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 Pushing Lot)



Keep Your Safety Submissions Coming

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

April 2015: 30 winners

Top 3 observations:

- Ⓞ Backing/pulling through parking spot (86)
- Ⓞ Exercising During Breaks (55)
- Ⓞ Stretching (51)



Inside this issue:

- 1 HOW DESIGN HELPS SAFE CROSSING
- 2 WALK CONNECT BETT SOLICIT CAMPUS EVENT
- 3 UPCOMING EVENTS, CLAMFESTS, QUIZ BOX
- 4 HEALTH IN A HURRY: FAMILY MEAL GUIDE
- 5 OYELLA SHARES ARTHRO- YB STORY
- 6 DID YOU KNOW...? TID- SALLY CARBATION
- 7 CARING FOR YOUR TEETH
- 8 BORROWING WELLNESS BOOKS
- 9 I THINK, THEREFORE I STAND, PART 3
- 10 BEING FITTING BY A HIE OR WAP IS NEVER FUN
- 11 HAAC WALK/CONNECT, COMMUTER CHALLENGE
- 12-13 WELLNESS, SAFETY & SUSTAINABILITY FAIR
- 14 ADVENTURES IN RETIRE- MENT
- 15 WHERE TO WALK: TABLE ROCK
- 16 THANK YOU HEART WALKERS!
- 17 ROCK 'N' ROLL HALF MARATHON
- 18 WELLNESS RESOURCES, WELLNESS/SAFETY TEAM

Communication

How do we keep employees informed about upcoming wellness program activities and events?

- Wellness&Safety@Work newsletter (6 x per year)
- E-mails about classes, events and opportunities

Who to Contact

If you would like more information about the county's wellness program or have a wellness story to share, contact:



Tamra Dickinson, Wellness Coordinator, 503.742.5486 or tamradic@clackamas.us



Michelle Raethke, Wellness and Safety Program Assistant, 503.655.8354 or mraethke@clackamas.us