



OMD State Employee Quarterly Information Bulletin  
April 2009

**New Look!**

For those of you who have been around a while like me, you probably remember those days so long ago (2005) when AGP provided you with a quarterly newsletter. We in the office decided it was time to bring it back. Our hope is that you will find the AGP quarterly newsletter both informational and informative. So not to drown you with too many newsletters, I have decided to combine our Safety and Health and Wellness newsletters into one AGP newsletter. This newsletter will only be sent out electronically so make sure we have your current email address. For those of you, who do get it, please share this information with those who do not. As with our past newsletters, we welcome your comments and suggestions.

Robin Webb

**AGP News**

**Who does what in AGP?**

**Steve Petit:** Interim HR Director 503-584-3865

**Paul Geck:** Senior HR Analyst, Affirmative Action, Labor Relations, Training, Employee Assistance Coordinator 503-584-3583

**Robin Webb:** Safety Officer, FMLA/OFLA Coordinator, Health & Wellness Program, Workers Comp, 503-584-3581

**Debbie Lucas:** Position and Classification Mgr, Classifications, Position Tracking, Trades Studies, FLSA Coordinator 503-584-3514

**Micky Dryden:** Agency Recruiter, Recruitments, Unemployment Insurance, Temporaries 503-584-3881

**Jason Kroker:** HR Administrative Assistant, Ride Share Prgm, Service Awards, General assistance 503-584-3588

**Employee Suggestion Awards Program (ESAP)**

DAS (Dept. of Administrative Services) announced on April 7, 2009 that they are discontinuing the Employee Suggestion Award Program as of April 1, 2009 due to budget cuts.

## **Employee Assistance Program (EAP) Services for You and Your Family**

PEBB contracts with Cascade Centers, Inc., to offer EAP services to agencies and employees. Cascade Centers has professional counselors that can guide you over the phone or in office visits. They'll listen to you, help you sort things out and then work with you on a plan to set things straight.

Any request for information about the EAP and/or your use of the EAP is confidential. Without your express written permission, no one will know, except in such rare circumstances as abuse or danger of harm to self or others.

You, your spouse or domestic partner, and other eligible dependents may access the benefit individually or together. Your family members will also receive the same level of confidentiality.

More information is available through the PEBB website at [www.oregon.gov/DAS/PEBB/EAP.shtml](http://www.oregon.gov/DAS/PEBB/EAP.shtml)

### **Phone Counseling Found Effective**

The Journal of the American Medical Association reveals that telephone counseling can be effective tools in helping individuals conquer depression. In an 18-month study, 80% of those who had received phone therapy indicated that their depression was "much improved", compared to 55% of those who had received face-to-face counseling. Of those who received encouragement by phone but not explicit counseling, 66% said they were "much improved". The researchers do not know what component of the phone therapy made it effective or whether the increased attention itself made people feel better. But for therapists trying to treat patients who are overwhelmed, too busy to attend office visits, or lacking transportation, the study may provide an alternative to traditional in-person care. An important component of your EAP benefit is the availability of counselors by phone. The research cited above indicates that despite the informality of this type of counseling, it nevertheless can provide useful and effective assistance.

It takes just a phone call to access the EAP:

Portland (503) 639-3009  
Toll Free (800) 433-2320

Cascade Centers also provides information about legal services and financial advice, identity theft recovery, as well as other resources that are available by visiting their website at [www.cascadecenters.com](http://www.cascadecenters.com).

## **State Ride Share**

Did you know the Oregon Military Department not only participates in the Mid-Valley Rideshare program, but also the Emergency Ride Home Program?

If you commute to work in Marion, Polk, and Yamhill counties, you are eligible to participate in both programs. The Emergency Ride Home Program also pays for taxi rides home in case of emergencies for commuters who use alternatives to driving alone to work.

If you are interested in becoming a Rideshare participant or have more questions, please contact Jason Kroker at 503-584-3588 ([Jason.B.Kroker@mil.state.or.us](mailto:Jason.B.Kroker@mil.state.or.us)) or email Mid-Valley directly at [rideshare@mail.open.org](mailto:rideshare@mail.open.org) for further information. You can also check out their website at <http://www.cherriotsrideshare.org/index.html>

## Safety Information

### Safety Notes

#### Notes from the Safety Manager:

Safety Newsletter – You can find past Safety Line newsletters posted on your Safety Bulletin Boards and on the AGP website at <http://www.oregon.gov/OMD/AGP/index.shtml>. I encourage you to provide feedback or topics that are safety related you would like to see addressed. If you have any suggestions or ideas, please contact me at 503-584-3581 or email me at [Robin.M.Webb@mil.state.or.us](mailto:Robin.M.Webb@mil.state.or.us).

Suggestion Box, Location & Forms – There is a Safety Suggestion Box located just off the Drill Floor at JFHQ in which you can suggest, comment or report safety violations. There is also an anonymous form you can use to report safety issues if you are uncomfortable with giving your name. This form can be found Safety Bulletin Board or on the AGP website. All safety concerns will be reviewed by the Safety Committee at the next scheduled Safety Committee Meeting the month following the receipt of the concern. The results of such review will be indicated in the safety minutes which are posted on the Safety Bulletin Board and on the AGP website.

### Did You Know?

**Safety Committee Minutes** – All Safety Committee Minutes should be posted to a bulletin board or to a website that all employees can access.

**Safety Committee Members** – Do you know who your safety representatives are? See Safety Meeting Schedules and Chairpersons below. If you are still unsure, please contact me and I will find out for you.

**Safety Committee Member Training** - All safety committee members are required by OSHA to attend at least three training programs to include Hazard Identification, Accident Investigation and Safety Committee Basics Training. If you are a Safety Committee member and have not attended any of these classes, please talk with your supervisor or call me to get you started. You can find a list of OSHA classes on their website at <http://www.orosha.org/pdf/pubs/catalogs/3447a.pdf>. All OSHA classes are free to state employees and are available all over the state.

SAIF Corporation also offers group training on safety related items such as fork lift training, ladder safety, confined spaces, etc. If you are interested in having a Loss Control Consultant provide some training at your facility, please contact me at 503-584-3581 or send me an email at [Robin.M.Webb@mil.state.or.us](mailto:Robin.M.Webb@mil.state.or.us) and I will work with SAIF to facilitate that training.

### **SAFETY MEETING SCHEDULES & CHAIRPERSONS**

LOCATION	CHAIRPERSON	MEETING DATES	MEETING TIMES	CONTACT NO.
JFHQ & Readiness Ctrs Region 2 thru 8	Frank Wallace	2nd Tuesday each month	1:30 PM	503-557-5970 503-472-5449
Camp Withycombe CSMS & State Shop	Steve Courtain	Monthly	9:00 AM	503-557-5425
Portland Airbase CE	Scott Lusted	Monthly		503-335-4482
Portland Airbase FD	Paul Looney	Monthly		503-335-4888
Camp Rilea	Ken Klee	Monthly		503-861-4178
Klamath Falls FD & CE	Gene Hurst	2 <sup>nd</sup> Wednesday each month		541-885-6381
JFHQ Federal Safety Committee	MAJ Timothy Deckert	Quarterly		503-584-3222
Youth Challenge Program (YCP)	Karen Rawnsley	Quarterly	2:30 PM	541-317-9623 ex 226

## **Fire Preparedness from the American Red Cross**

### **Make Your Home "Fire Safe"**

- Smoke alarms save lives. Install a smoke alarm outside each sleeping area and on each additional level of your home.
- If people sleep with doors closed, install smoke alarms inside sleeping areas, too.
- Use the test button to check each smoke alarm once a month. When necessary, replace batteries immediately. Replace all batteries once a year.
- Vacuum away cobwebs and dust from your smoke alarms monthly.
- Smoke alarms become less sensitive over time. Replace your smoke alarms every ten years.
- Consider having one or more working fire extinguishers in your home. Get training from the fire department in how to use them.
- Consider installing an automatic fire sprinkler system in your home.

### **Plan Your Escape Routes**

- Determine at least two ways to escape from every room of your home.
- Consider escape ladders for sleeping areas on the second or third floor. Learn how to use them and store them near the window.
- Select a location outside your home where everyone would meet after escaping.
- Practice your escape plan at least twice a year.

### **Escape Safely**

- Once you are out, stay out! Call the fire department from a neighbor's home.
- If you see smoke or fire in your first escape route, use your second way out. If you must exit through smoke, crawl low under the smoke to your exit.
- If you are escaping through a closed door, feel the door before opening it. If it is warm, use your second way out.
- If smoke, heat, or flames block your exit routes, stay in the room with the door closed. Signal for help using a bright-colored cloth at the window. If there is a telephone in the room, call the fire department and tell them where you are.

For fact sheets about fire safety and prevention, please visit [www.redcross.org/homefires](http://www.redcross.org/homefires).

Did you know the American Red Cross provides other types of relieve such as emergency preparedness, transportation for seniors, warming shelters, humanitarian missions, youth clubs, and what we normally think of when we talk Red Cross, blood drives. Check out their website at <http://www.oregonredcross.org/index.asp?IDCapitulo=663B0ID44V>

## **Workers Compensation Statistics**

As you may recall, we ended 2008 with 47 workers compensation claims and 15 near miss incidents that only required first aid treatment for a total of 62 injuries. Our total agency costs associated with SAIF claims for 2008 was \$204,641.73. As of April 10, 2009, we currently have 22 injuries of which 4 are incident reports only. The type of injuries we are seeing are Lacerations (cuts), sprains, strains and falls.

## **Health & Wellness**

### **Upcoming Events**

The Oregon Military Department will be hosting another Recruitment and Health/Wellness Fair on Friday, October 16 and Saturday, October 17, 2009 at the Salem Auditorium on 17<sup>th</sup> St. We are currently working with a vendor to offer Flu shots to both state and federal employees. More details will be included in the July Bulletin.

### **Benefit Resources**

Questions about your benefits?

[Inquiries.pebb@state.or.us](mailto:Inquiries.pebb@state.or.us)

(503) 373-1102

(800) 788-0520

#### *Medical Plans*

Kaiser Permanente: [my.kp.org/nw/pebb](http://my.kp.org/nw/pebb)

Providence Choice: [providence.org/pebb](http://providence.org/pebb)

Regency BCBSO: [or.regence.com/pebb](http://or.regence.com/pebb)

Samaritan Select: [samaritansselect.com](http://samaritansselect.com)

#### *Mail Order Prescriptions*

PPS: [ppsr.com](http://ppsr.com)

Walgreens: [walgreenshealth.com](http://walgreenshealth.com)

#### *Dental Plans*

Kaiser Permanente: [my.kp.org/nw/pebb](http://my.kp.org/nw/pebb)

ODS: [odscompanies.com/pebb](http://odscompanies.com/pebb)

Willamette Dental: [willamettedental.com](http://willamettedental.com)

#### *Optional Plans*

Standard Insurance: [standard.com](http://standard.com)

UnumProvident: [unumprovident.com/enroll/pebb](http://unumprovident.com/enroll/pebb)

### **Global Corporate Challenge (GCC)**

Do you like to walk? How would you like to be a part of our Agency's "Walk Around the World Event?"

I am looking for team members to participate in the Oregon Military Department Global Corporate Challenge. This event starts on May 21, 2009 and runs through September 23, 2009. Anyone who can walk, bicycle or roll can be a participant. This includes family members and friends.

The program is pretty easy, you wear a pedometer every day in which you track the number of steps you take and log onto a website each night or morning. The website allows you to track your own and your teams progress as you move around the world. Last year, our team consisting of Paul Geck, Robin Webb, Steve Petit, Mike Wilson, Robert Garcia, Theresa Klopfenstein and Paul Cilia walked and biked a total of 9,647,359 steps or 3,934 miles. The more teams we can put together, the more competition we can create.

There is a cost associated with this program of \$99 per person which gives you a GCC backpack, 2 pedometers, baseball cap, water bottle and a good health passport. If you are interested or would like more information, please contact me at 503-584-3581 or [Robin.M.Webb@mil.state.or.us](mailto:Robin.M.Webb@mil.state.or.us) by May 1, 2009.

## What is a POISON?



A poison is something that can be harmful if swallowed, spilled on the skin, splashed in the eyes, or inhaled. Every day we use medications, chemicals and "natural" products in and around our homes. Often these products can cause unexpected poison events.

### Did You Know?

- The Oregon Poison Center received over 67,000 calls about poisons.
- 77 percent of these calls were about unintentional poisonings at home.
- Over 50 percent of all poisonings happen to children under the age of 5 years.
- Older adults are more likely than others to die from poisonings.

Our goal is to provide poison prevention information that you can use to help you and your family stay poison safe.

Poison Prevention Tips 

Basic poison information [[download document](#)]

Today's Show Presentation: "[Keeping Kids Safe From Poisons](#)", [Click here for more information](#).

First Aid: What to do when there is a poison emergency. [Click here for more information on First Aid](#)

Seasonal Hazards: Each season brings certain poisons that can cause us to be less safe. Here are a few helpful hints to keep your family and friends healthy and safe. [Click here for more information on Seasonal Hazards](#).

Plant Safety Tips: Plants beautify our homes. They add color and accent to our lawns and gardens. They feed us. Yet, if not handled properly, they can become deadly poisons. [Click here for more information on Plant Safety](#).

Animal Poison Safety: Our pets are quick and curious. They can quickly gain access to unsuspecting poisons that we use around the house everyday. Here a few clues concerning some poisons that could hurt your family pet. [Click here for more information on Animal Poison Safety](#)

### **Alerts**

Alerts are updates of the latest relevant poison related information and news topics that may have relevance for you and your communities.

### **General Alerts and Recalls**

Here is a link for all latest recalls. This is a multi-agency listing of all government recalls in the U.S. [www.recalls.gov](http://www.recalls.gov)

### **Food & Water Safety**

[FDA Food Alerts](#)

### **Medication Safety Alerts**

[FDA Medication Alerts](#)

### **Consumer Safety Alerts**

[Consumer Product Safety Commission](#)

**CONGRATULATIONS TO EVERYONE!**

**YEARS OF SERVICE FOR STATE EMPLOYEES - Period: 1/01/09 to 5/1/09**

**5 YEARS**

Scott Baker  
David DeLong  
Micky Dryden  
Carla Jones  
Terry Wyatt  
Terri Noble  
Darryl Williams  
Gary Stewart  
Joshua P. Allen  
Marshall McKillip

**10 YEARS**

James Willeford  
Michael Wilson  
Mark Fillman  
John Brooks  
Nathaniel Osborne  
Vickie Sixour  
Robin Howard  
Shane Jackson  
Michael Wou

**15 YEARS**

Denise Choin  
Duane Bires

**20 YEARS**

Bruce Gosnell  
Kay Fristad

**25 YEARS**

Stephen Ollis

**35 YEARS**

Wendy Yoder

**NEW HIRES – Period: 1/01/09 to 3/31/09**

**PROMOTIONS**

Jeff Beck – AGI	Amber Silva - OYCP
Derrick Brown – RSMS	
David Carlson – AGI	
Paul Garcia – AGI	
Roger Kadell – AGI	
Leo Kimmel – AGI	
Jesse Krieger – AGI	
John Montoya – OYCP	
James Neilsen – PANG	
Holly Ann Phillips – AGI	
Ricky Rozzell – RSMS	
Dale Sidenstricker – AGI	
Jennifer Solberg – AGI	
Martin Sprinzi – AGI	
Reginald Spurrier – AGI	
Michael Walter – AGI	
Brandy Yexley – PANG	
Michael Willis - AGI	



"Since we're not allowed to smoke in the office, I put tobacco in the brownies."

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